Wednesday's Jackpot
$11,000,000 estimated
LOTTO 649

TORONTO 18 JUDGE RUNS LOW ON PATIENCE

{page 4}

YES, YOU CAN EAT A GOOD BREAKFAST AND DO IT ON YOUR OWN TERMS {page 27}

TORONTO metro
Tuesday, November 9, 2010
www.metronews.ca
News worth sharing.

NEW TO CANADA?

PULLOUT SECTION INSIDE TODAY'S METRO.

NBA. To the hoop

▶ Golden State Warriors guard Monta Ellis drives the basket past Toronto Raptors forwards David Andersen, left, and Amir Johnson during last night's game at the Air Canada Centre. The Warriors won 109-102. For more, see metronews.ca.

NATHAN DENETTE/THE CANADIAN PRESS

Slow start ends up costing Raps

How to GO forward

GO consulted with other global transit systems for tips ◐ Riders can track performance at gotransit.com

More than two years after thousands of GO train riders petitioned the regional transit system for better service, GO has released a new passenger charter pledging to deliver courteous, on-time transit to its 217,000 daily riders.

"Today we start a better way to deliver what our customers want, and that is better service," Metrolinx president Bruce McCuaig said yesterday.

"It's all about accountability and transparency," he added of the customer-first approach. In its newly launched charter, GO is making five promises:

- We will do our best to be on time.
- We will always take your safety seriously.
- We will keep you in the know.
- We will make your experience comfortable.
- We will help you quickly and courteously.

The charter was created with information gathered from focus groups and tracking questions, as well as customer comments, McCuaig said.

TORSTAR NEWS SERVICE

Similar plan for the TTC?

A customer charter is among the recommendations of a TTC customer service report issued earlier this fall. Among dozens of recommendations was that the TTC hire a senior executive for its own customer service advisory committee.

Senior TTC officials said they would try to have that new executive in place by the end of the year. But last week, outgoing TTC chair Adam Giambrone said it was still unclear whether that hire will be ready in time for the approval of the new transit board when it meets for the first time in December.

Have your say: torontoletters @metronews.ca

Cooking up chemistry

Trio of locals redefining the television chef {page 42}

Stay ahead of the curve

Advice, features and more in the Learning Curve {pages 34-41}

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Hearings take close look at G20 policing

Pair kicked by un-badged officer seek strong penalties for rogue cops

Before he became a key figure in a photograph representing just about everything that went wrong at the G20 summit in Toronto this past June, Nick Kapetaneas considered police to be his protectors.

In the picture, the 24-year-old Riverdale resident is apparently getting his head kicked by an officer not wearing his required name badge. The woman next to him is his girlfriend, 27-year-old Humber College student Caitlin Morgan.

The incident occurred just south of Queen's Park on the first day of the June 26-27 summit, and the two say they and others who had done nothing wrong were also corralled and hit with billy clubs by police. Neither was detained, but the experience left its mark.

That's a feeling that may be shared by many who will appear at special hearings being held in Toronto this week on G20 policing and accountability. Kapetaneas hopes to attend the sessions being held jointly by the Canadian Civil Liberties Association and the National Union of Public and General Employees.

TORSTAR NEWS SERVICE

Hearings

Speakers at hearings being held in Toronto this week on G20 policing and accountability will include people arrested, detained, and/or charged during the summit, as well as lawyers and academics.

- **The hearings,** open to the public, will run from 9:30 a.m. to 9 p.m. tomorrow and 9:30 a.m. to 5 p.m. Thursday at the Westin Harbour Castle hotel.
- **A report** on the hearings will be published in January.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Nick Kapetaneas says an officer booted him in the head for no reason, then kicked his girlfriend Caitlin Morgan in the side with such force she was on painkillers for two weeks.

City issues measles warning

Toronto Public Health has issued a warning about measles exposure.

Officials say people who were at three locations (see right) in Toronto at certain times may have been exposed to measles.

Toronto Public Health said the risk for the general public is low and people born before 1970 are presumed to be immune.

As a precaution, health officials are asking anyone born in or after 1970, who has not received two doses of the measles vaccine and was at those locations at those times to watch for signs of measles.

Symptoms usually occur in one to three weeks and include cough, runny nose, fever, white spots in the mouth, and red, watery eyes that are sensitive to light. THE CANADIAN PRESS

Locations

- **Fine Asian Bowl Restaurant** 1634 Bayview Ave., on Oct. 26, between 1 and 4:30 p.m.;
- **Design Source Furniture** 203 Wildcat Rd., on Oct. 27, between 3 and 5 p.m.;
- **Sunnybrook Hospital emergency room** between Oct. 30 at 8 a.m. and Nov. 1 at 11 a.m.

News in brief

Police ID man shot at hotel

MISSISSAUGA. Police have identified a 27-year old Toronto man shot dead at a hotel in Mississauga.

Peel Regional Police Const. Thomas Ruttan told reporters yesterday that Donald Richard Grant was shot shortly after 9:30 p.m. Sunday at the Holiday Inn Express hotel near Dixie Road and Highway 401, close to Pearson International Airport.

However, Ruttan could not say whether Grant was shot inside or outside the hotel or whether he was a guest or visitor.

Police conducted an extensive search for the gunman in the area, even using dogs from the force's canine unit.

It is Peel Region's sixth homicide of the year. TORSTAR NEWS SERVICE

1 news

Gordon Pinsent shocked by popularity of video starring him reading Justin Bieber's memoir. Scan this code for the story.

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Allan Small says life is very good in an investor-friendly market. More at metronews.ca/investing.

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‘My patience is close to the bitter end in this case’

Toronto 18 plotter has had his sentencing adjourned several times since his conviction almost 10 months ago

An angry Brampton judge read the riot act yesterday to defence lawyer William Naylor, telling him convicted Toronto 18 bomb plotter Shareef Abdelhaleem’s sentencing hearing will go ahead Nov. 22 with or without his full psychiatric assessment.

Justice Fletcher Dawson also warned Naylor not to expect the usual two-for-one credit for time spent in pre-trial custody for his client, who has had his sentencing adjourned multiple times.

“The delay is 100 per cent at the feet of the defence,” an obviously frustrated Dawson told the court.

“It’s getting to the point of being unconscionable.”

At the start of yesterday’s scheduled appearance, Naylor told Dawson he had no idea when the former computer programmer’s psychiatric assessment would be completed.

His consulting expert didn’t want to finish his report without examining other expert opinions on so-called homegrown terrorists, of which there is very little documented background to be found.

TORSTAR NEWS SERVICE FILE

▶ William Naylor

With federal Crown prosecutor Iona Jaffe seeking a possible life sentence, Naylor said it was very important for the court to have all relevant material before deciding how long Abdelhaleem must serve. He has been in custody for 4½ years.

Dawson was well aware of the lack of material but said there was still no excuse for either him or the Crown not to have been given any notes or partial reports for a conviction registered nearly a year ago.

“My patience is close to the bitter end in this case,” Dawson said.

He has accommodated numerous adjournments with nothing advanced. He expects to have a “detailed” report from Naylor’s expert on Nov. 15 and there better be a good reason why the three-day sentencing hearing shouldn’t start Nov. 22.

“I don’t care if heaven and earth has to move slightly,” Dawson said.

“This has got to get moving.”

TORSTAR NEWS SERVICE

Background

- In February, Justice Fletcher Dawson convicted Shareef Abdelhaleem, 34, of participating in a scheme to blow up buildings in downtown Toronto after deciding there was no evidence of entrapment against him.
- The Mississauga man argued he was lured into the plot by friend-turned undercover police agent Shaher Elsohemy, who was recruited by the so-called Toronto 18 to supply bomb-making chemicals.
- Abdelhaleem testified he was simply a “mailman,” passing messages between Elsohemy and Zakaria Amara, the convicted mastermind of the bomb plot.

Hall of Fame. Inductions

▶ Hockey Hall of Fame inductees, from left, Jim Devellano, Angela James, Dino Ciccarelli and Cammi Granato flip pucks off sticks after being presented with their rings at the Hall in Toronto yesterday

FRANK GUNN/THE CANADIAN PRESS

Hall welcomes newest members

Man charged in alleged dating site extortion plot

Police say a number of men looking for love on the Internet found extortion instead.

Halton regional police allege that a man joined a number of adult dating service websites posing as a woman and prospective date for male subscribers.

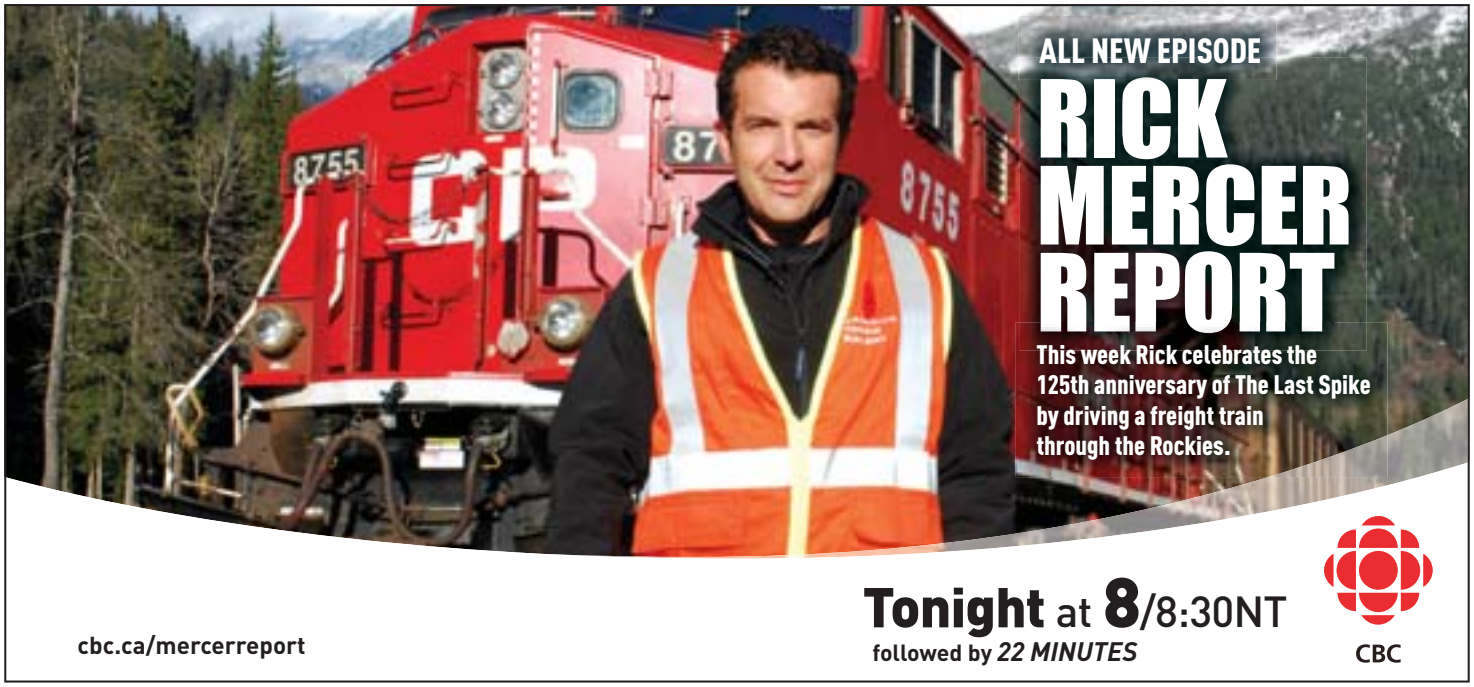
Police say the interested men were then persuaded to provide personal information about themselves.

Police say the information provided by the unsuspecting victims in emails, chats, texts and voice-mail messages then formed the basis for extortion.

Police say that there were threats to publish the information on social networking sites or send it directly to family, friends, or employers unless monetary demands were met.

Kevin Fletcher, 43, of Burlington faces eight counts of extortion and one of criminal harassment.

THE CANADIAN PRESS



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TATTOO WARNING

Advisory issued for parlour

Toronto Public Health is urging patrons of a tattoo parlour to get tested for blood-borne infections after questions were raised about hygiene there.

The agency issued a warning yesterday about the It's Just Body Art body piercing and tattoo shop, located at 1072 Wilson Ave., near Keele. Anyone who got a tattoo or piercing at the shop between Sept. 28, 2009, and Sept. 30, 2010, is being advised to see their doctor. Patrons of the shop can contact Toronto Public Health at 416-338-7600.

TORSTAR NEWS SERVICE

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Provincial Grits woo Bryant, Thomson

Liberals searching for 'star' candidates to run in city in 2011 as public opinion continues to sag Insider says real goal is recruiting women

Former attorney general Michael Bryant and one-time Toronto mayoral hopeful Sarah Thomson are being wooed to run for the provincial Liberals in the next election, the Toronto Star has learned.

Sources say the governing party, not satisfied with playing defence and clinging to the 72 seats it holds in the 107-seat legislature, is going on the offensive to attract star candidates for the October 2011 vote.

Bryant, 44, who was exonerated in May following a high-profile fatal 2009 accident on Bloor Street West, has been working at the prestigious law firm Ogilvy Renault and staying out of the limelight.

Another prominent Torontonian being courted by the Liberals is Thomson, 42, the CEO of Women's Post and a candidate in the mayoral contest won by Rob Ford two weeks ago.

▶ Michael Bryant

▶ Sarah Thomson

While she dropped out of the race to support rival George Smitherman, the former deputy premier and Liberal standard-bearer in the civic election, her campaigning skills impressed the Grits.

"The real story of our nominations is our determination to recruit more women than ever before. And our plan to give women a discernibly stronger voice in our campaign and, after the election, within the councils of government," said a senior Liberal official.

Despite the buzz, Thomson was mum on a jump to provincial politics.

"I have not made any decisions at this time and am currently focused on paying down my mayoral campaign debt," she said.

With Tory Leader Tim Hudak ahead in the polls — and NDP Leader Andrea Horwath also surging — the Liberals are gearing up for a tough battle.

TORSTAR NEWS SERVICE

Return to politics?

- Bryant resigned from the legislature in May 2009 to become Mayor David Miller's CEO of Invest Toronto. He departed after the August 2009 accident that left bike courier Darcy Allan Sheppard dead.
- All charges against Bryant were withdrawn when prosecutors determined he and his wife had been attacked as they drove in their car.

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American Express wants you to realize your artistic potential

They say that a picture is worth a thousand words. But with American Express, your picture could be worth a little bit more than that.

As part of its 'Realize The Potential' advertising campaign, American Express will be running a contest, which will allow participants to unleash their inner artists. The competition encourages Canadians to realize their artistic potential by putting their own take on an American Express ad.

Unique to the 'Realize The Potential' campaign was a digital canvas station, which was set up at the Molson Amphitheatre during its popular summer concert series. Concertgoers had a chance to visit a tent and create their masterpiece.

Once completed, the user was able to print off his or her own postcard with copy that read: "Life is a great big canvas, throw all the paint you can at it."

This splattered canvas imagery has since been turned into TTC streetcar wraps, subway wraps, and subway station displays.

The idea of "Life is a great big canvas" has since inspired the contest, which will feature both offline and online components.

Offline, entrants will find kiosks throughout high-traffic areas in the city. Participants will be able to walk away with their own printed piece once they've created their canvas.

The online application will live on Facebook at (www.facebook.com/americanexpresscanada). Here, participants will be able to paint their canvas, share it with friends, view a canvas gallery, and then register for the contest.

The winner will be randomly selected from the entries and the winning canvas will be featured in American Express' next 'Realize The Potential' online ad campaign.

The grand prize also includes a trip for two to New York City courtesy of American Express.

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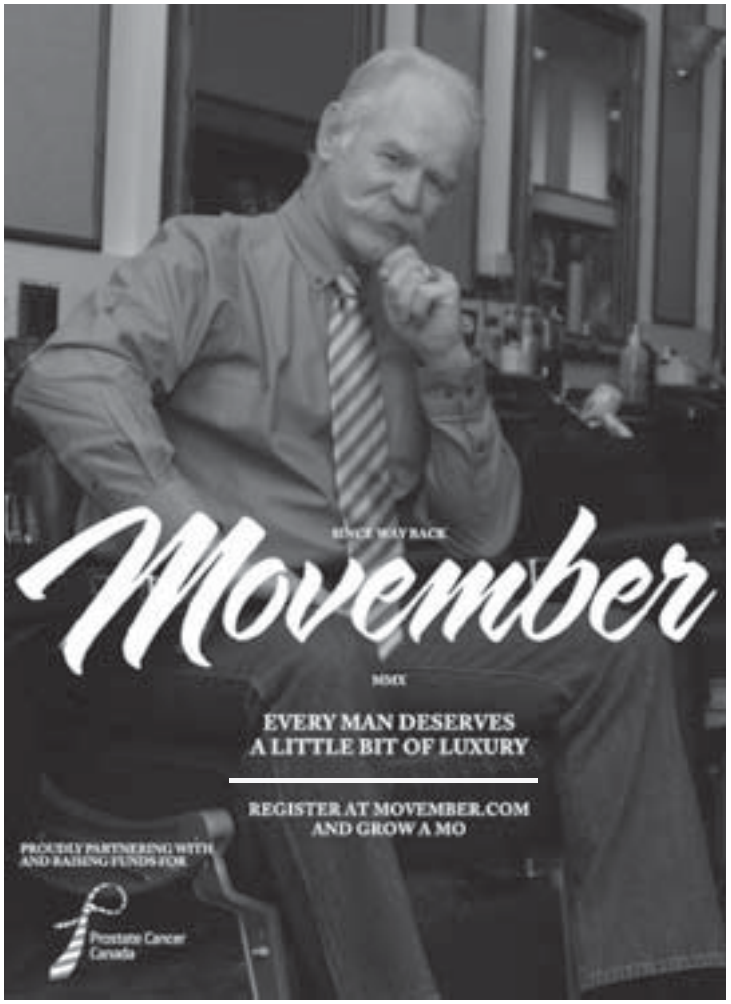

Does Timmins have its own cancer faker?

- Case draws parallels to Burlington woman's story
- Suspect got money, support from Timmins family

An Ontario family who supported a young woman accused of faking cancer and collecting money for treatments says they're "hurting" after the alleged hoax.

Jessica Ann Leeder, 21, is charged with fraud over $5,000. She was scheduled to appear in a Timmins court today for a bail hearing after her case was put over yesterday.

Nicole Callegari said she and her family spent Christmas with Leeder, and for more than a year the northern Ontario community rallied around the woman, dropping off food to her residence and hosting a fundraiser.

"Jess has been calling me mom for the last two years," said Callegari.

"I became very close with this young lady."

THE CANADIAN PRESS

▶ Jessica Ann Leeder

Police allege Leeder faked lung and stomach cancer and was accepting donations, claiming the money was going towards expenses for her treatments.

But the family grew suspicious after Leeder began asking for money for medication and expenses to travel to Toronto for treatment.

Last week, a Toronto-area woman pleaded guilty to faking terminal cancer and keeping thousands of dollars in donations.

Ashley Kirilow, 23, of Burlington, pleaded guilty to one count of fraud over $5,000, which carries a maximum 14-year prison sentence.

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▶ Liberal Leader Michael Ignatieff speaks yesterday in Ottawa.

Allies using a charm offensive

Sources say government is considering keeping 600 to 1,000 soldiers in Afghanistan past July pullout date

The U.S., Britain and NATO headquarters spearheaded a stealth diplomatic charm offensive to keep Canadian soldiers in Afghanistan until 2014, mindful that too much pressure could "blow up" their efforts, The Canadian Press has learned.

Almost three months ago, those major allies presented Prime Minister Stephen Harper with their plan calling for hundreds of Canadian Forces personnel to stay in Kabul to train the Afghan army for three years beyond Parliament's withdrawal deadline.

The foreign governments stepped softly because they knew Harper had made strong public pronouncements that "other than the odd guard guarding an embassy," no Canadian soldiers would remain in Afghanistan after July 2011.

They also courted the support of Liberal Leader Michael Ignatieff and his foreign affairs critic, Bob Rae, because they understood that Harper was not prepared to risk his minority government without some political support from across floor.

Ignatieff said yesterday he can't support the Harper government's sudden proposal to extend Canada's military mission in Afghanistan until he gets all the details. THE CANADIAN PRESS

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Men in court over fatal random attack

JOHN AMIS/THE ASSOCIATED PRESS

▶ A portrait of Bobby Tillman, 18, is held as his loved ones, including his mother Monique Rezaida, third from right, gather in front of the Douglas County Courthouse yesterday.

‘Senseless is the only word I can use to describe it. It is an absolutely unprovoked, senseless killing’: DA

Four people appeared in court yesterday in the fatal beating of a teenager who was attacked at a house party after police say he walked by a group who decided to pounce on the next person who passed by.

District Attorney David McDade said the four were charged with murder for “stomping, kicking and punching” 18-year-old Bobby Tillman to death early Sunday in Douglas County, west of Atlanta.

Douglas County Maj. Tommy Wheeler said a fight broke out between two females and two males at a house party, and one of the females hit a male. He said the man said he wouldn’t retaliate against a girl, but he would hit the next man that walked by.

Tillman happened to be the unlucky person, and Wheeler said multiple attackers beat and stomped him. Deputies arriving at the scene tried to resuscitate the teen, but he didn’t survive. “It’s amazing,” said Wheeler. “He had nothing to do with anything, they just decided he’s the one. And they killed him.”

“He was my only son. He was my best friend. He was an angel here on earth and I was blessed to be his mother.”
MONIQUE REZAIDA, TILLMAN’S MOTHER

Douglas County Coroner Randy Daniel said Tillman died of blunt force trauma to the head and chest.

The four who appeared at a hearing in the killing of Tillman were identified as Quantez Devonta Mallory, Horace Damon Coleman, Emanuel Benjamin Boykins and Tracen Lamar Franklin. **THE ASSOCIATED PRESS**

Canadian among kidnapped oil workers

No claims yet

No group immediately claimed responsibility for the attack.

▶ The region’s main militant group, the Movement for the Emancipation of the Niger Delta, has said it would carry out new attacks in the region.

A Canadian is among five oil workers kidnapped off the coast of Nigeria’s troubled southern delta.

They were abducted by gunmen in speedboats in an attack on a newly installed rig operated by London-based Afren plc early yesterday.

A spokesman for Afren in London said one of the kidnapped workers is from Canada, and the other hostages are from France and the United States. He said he could not reveal more details at this point.

The company said the attack occurred at a new rig doing survey work at the Okoro oilfield, 11 kilometres off the coast of Nigeria’s Akwa Ibom state.

Afren operates in the Okoro field with the private Nigerian firm Amni International. The company is exploring eight oil fields in Nigeria with local partner companies.

The latest attack on the rig and a nearby support ship comes as sporadic raids continue in a region supposedly calmed by a government-sponsored amnesty program.

Afren said two other workers suffered “wounds to the leg” in the attack. **THE ASSOCIATED PRESS**

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French historian's claims cause outrage

- Book claims Canadian soldiers of native origin 'scalped their captives'
- No source or footnote given

A French historian's claim that Canadian soldiers of native origin scalped prisoners during the Second World War has drawn outrage from aboriginal veterans and scorn from academics.

The allegation has been described as "racist," "appalling" and "garbage."

The grotesque accusation is found in Olivier Wieviorka's book Normandy, an otherwise conventional account of the lead-up to D-Day and the eventual liberation of Paris. It was first published in France in 2007. Harvard University Press published a hardcover edition in 2008 and has just re-issued it in paperback.

The offending passage comes in a segment discussing atrocities. After briefly outlining the 12 SS Panzer division's penchant for murdering PoWs (many of them Canadians) during the Normandy campaign, Wieviorka turns to what he says are Allied atrocities.

Among them: "Some Canadian soldiers of native Indian origin scalped their captives."

No source or footnote is given. Harvard University Press did not reply to an email asking for comment. THE CANADIAN PRESS

"This is racism at its ugliest, and I can only assume that person watched too many John Wayne movies."
ALEX MAURICE, PRESIDENT OF THE NATIONAL ABORIGINAL VETERANS ASSOCIATION

PAWEL DWULIT/THE CANADIAN PRESS

▶ Several Canadian historians have scoffed at Olivier Wieviorka's claim about Aboriginal soldiers.

Thousands flee Myanmar after elections

Mothers carrying babies and grown men hoisting elders on their backs fled Myanmar with 15,000 countrymen yesterday as ethnic rebels clashed with government troops a day after an election widely considered a sham to cement military power.

Fighting raged at key points on the Thai border, wounding at least 10 people on both sides of the frontier as stray shots fell into Thai territory.

In the heaviest clashes, Karen rebels reportedly seized a police station and post office Sunday in the Myanmar border town of Myawaddy.

Sporadic gun and mortar fire continued into yesterday afternoon. More fighting broke out further south for one hour yesterday at the Three Pagodas Pass, said local Thai official Chamras Jungnoi, but there was no word on any casualties.

APICHART WEERAWONG/THE ASSOCIATED PRESS

▶ Clashes between Myanmar soldiers and ethnic Karen fighters have led thousands of refugees to flee into Thailand.

Thai officials said late yesterday that fighting had quieted and government troops had regained control of Myawaddy.

Groups representing ethnic minorities who make up some 40 per cent of Myanmar's population had warned in recent days that civil war could erupt if the military tried to impose its highly centralized constitution and deprive them of rights. THE ASSOCIATED PRESS

Myanmar

Recent clashes underline Myanmar's vulnerability to unrest even as it passes through the ruling junta's self-proclaimed "road map to democracy."

- **The military** has ruled the country near-continuously since 1962.
- **Rebellions** by ethnic minorities predate its independence from Britain in 1948.

Printer cartridges banned on planes

Canada is banning office printer cartridges from airplanes in the wake of the Yemen scare 10 days ago.

Transport Canada says cartridges weighing more than 454 grams will be banned from carry-on bags, checked baggage and cargo holds of planes leaving Canada.

Smaller cartridges, such as those used in home printers, are allowed.

The department also says all cargo and mail from or transiting through Yemen or Somalia is banned from entering Canada. THE CANADIAN PRESS

Islamic cleric calls for violence

Anwar al-Awlaki, a U.S.-born Islamic cleric linked to attacks by al-Qaida in Yemen on U.S. targets, called for Muslims around the world to kill Americans in a new video posted on extremist websites yesterday. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS HANDOUT

▶ Anwar al-Awlaki

Pilot fistfight causes flight cancellations

A fistfight between pilots in an airplane cockpit led to a weekend of chaos for thousands of travellers in Argentina, where authorities were still dealing with the backlog yesterday. The pilots were from rival unions, both of which declared strikes. THE ASSOCIATED PRESS

Scan this code for the story.

News in brief

THE ASSOCIATED PRESS FILE

▶ Steven Hayes

Death row for night of terror

NEW HAVEN, CONN. Steven Hayes was condemned to death yesterday for a night of terror inside a suburban home in which a woman was strangled and her two daughters tied to their beds, doused in gasoline and left to die in a fire.
THE ASSOCIATED PRESS

29 charged for sex trafficking

MINNEAPOLIS. Twenty-nine people have been indicted in a sex-trafficking ring in which Somali gangs in Minneapolis and St. Paul allegedly forced girls younger than 14 into prostitution in three states, according to an indictment unsealed yesterday. The indictment says young Somali or African-American girls were forced to engage in multiple sex acts.
THE ASSOCIATED PRESS

Reinstate pilots, tribunal orders

TORONTO. The Canadian Human Rights Tribunal has ordered Air Canada to reinstate two pilots, aged 65 and 67, who were forced to retire at age 60. **THE CANADIAN PRESS**

Indonesian volcano forces thousands to flee

Scan code for story

PM vows to defend Israel at all costs

Ignatieff mocks Harper for portraying his failure to win seat on UN Security Council as price for supporting Israel

Stephen Harper says he will take a forceful stand against anti-Israel rhetoric no matter the political cost to his government at international organizations such as the United Nations and the Francophonie.

The prime minister delivered the opening speech yesterday at a two-day conference on anti-Semitism, taking place on Parliament Hill.

He noted Canada's unsuccessful bid for a UN Security Council seat this fall, saying he believes the country is morally obligated to stand up against those who would attack Israel.

"...The easy thing to do is simply to just get along and go along with this anti-Israel rhetoric."

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper says history shows that those who threaten the existence of the Jewish people are a threat to all of us in the long term.

Liberal Leader Michael Ignatieff attacked the Conservative government in a speech this month for sacrificing Canada's ability to command respect on the issue of peace in the Middle East. Ignatieff reiterated what Liberals have long touted as a balanced approach to achieving peace in the Middle East: Recognition of two separate states — Israel and Palestine — with justice and security for both.
THE CANADIAN PRESS

Debate stifled?

Independent Jewish Voices, a group that was not involved in the conference, criticized the Conservative government for stifling debate on Israel.

- "As Jews, we know that the real threat is from the new McCarthyism, and not from so-called new anti-Semitism. We believe that it is legitimate and ethically necessary for Canadians of conscience to criticize Israeli human rights abuses and to support non-violent remedies," said spokesperson Diana Ralph.
- They are calling on MPs to reject any attempts to silence legitimate criticism of Israel, and to defend free speech in Canada.

CHURCH OF ENGLAND

Five bishops jump ship

Five Church of England bishops announced yesterday they are converting to Catholicism following an invitation to disaffected Anglicans from Pope Benedict XVI — the highest-profile defectors among conservatives opposed to gay bishops and female clergy.

The Catholic Bishops' Conference of England and Wales said Bishop of Ebbsfleet Andrew Burnham, Bishop of Richborough Keith Newton, Bishop of Fulham John Broadhurst — as well as retired bishops Edwin Barnes and David Silk — have decided "to enter into full communion with the Catholic Church."

Burnham and Newton are "flying bishops," who minister to Church of England parishes where congregations have voted not to allow a woman priest to preside at services.

Archbishop of Canterbury Rowan Williams, spiritual leader of the Anglicans, said he had accepted the resignations of Burnham and Newton, "with regret."

"We wish them well," he said.

THE ASSOCIATED PRESS

Jean begins Haiti job

THIBAULT CAMUS/THE ASSOCIATED PRESS

▶ Former governor general Michaëlle Jean delivers her speech yesterday in Paris after receiving the certificate of special UNESCO envoy to Haiti.

What's needed now is better co-ordination of efforts, she says

Former governor general Michaëlle Jean sounded an optimistic note as she began her new job with the United Nations yesterday as special envoy to Haiti for the UN's Educational, Scientific and Cultural Organization.

She expressed hope that Haiti wouldn't be abandoned by the rest of the world, as attention spans shift elsewhere and memories of this year's earthquake begin to fade.

The former journalist plans to use her four-year term to work on rebuilding the country's shattered education system.

"The fact of being from Haiti is a plus. I speak the language, I know the country from the inside. At the same time, I have the necessary detachment."

MICHAËLLE JEAN, WHOSE FAMILY ESCAPED FROM HAITI AS REFUGEES 40 YEARS AGO

THE CANADIAN PRESS

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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 127.37 (13,052.48)	– 0.33¢ (99.63¢ US)	+ 21¢ US ($87.06 US)	$4.088 (+ 15.1¢)
			Gold contracts $1,403.20 (+ $5.50)

MCDONALD'S

Monopoly, Big Macs push sales

A Monopoly promotion and strong sales of basic menu items such as the Big Mac pushed a key October sales figure up 5.6 per cent in the U.S. for McDonald's Corp.

The world's biggest hamburger chain said yesterday that world-wide sales at restaurants open at least 13 months climbed 6.5 per cent.

This figure is a key indicator of a restaurant operator's health because it gauges results at existing restaurants rather than newly opened ones.

In the U.S., McDonald's said other popular menu items included Chicken McNuggets, McGriddles and McCafe beverages, all of which came with pieces for the Monopoly game.

THE ASSOCIATED PRESS

Locked out workers picket Hamilton plant

Picket lines are up outside a U.S. Steel plant in Hamilton after it locked out hundreds of union members Sunday night over a contract dispute. The United Steelworkers of Canada said the company is demanding they put a Nov. 4 "final" offer to a vote.

The main sticking points are demand for concessions on pensions, the cost of living formula and benefits. THE CANADIAN PRESS

In court

U.S. Steel is in a court battle with the government over promises it made when it acquired Stelco for $1 billion in 2007.

Ottawa says the company broke its production and employment undertakings when it idled most of its Canadian operations in early 2009.

$1 trillion – that's our mortgage debt

DICK LOEK/TORSTAR NEWS SERVICE

▶ Almost half of the mortgage holders surveyed by the Canadian Association of Accredited Mortgage Professionals cited a need for "debt consolidation or repayment."

Industry report finds Canadians still favour fixed-rate mortgages

Canadian mortgage debt has spiked to more than $1 trillion, largely as a result of high home prices and low interest rates, according to a report by Canada's mortgage industry.

The value of outstanding mortgages is now 7.6 per cent higher than it was last year, the Canadian Association of Accredited Mortgage Professionals said in its annual report released yesterday.

The report says higher prices have forced many Canadians to borrow heavily to finance home purchases. The low interest rate environment has enabled some to take on bigger mortgages, while it has encouraged others to borrow against their homes.

The report found 18 per cent of mortgage holders have taken equity out of their homes. The average amount borrowed against home equity was $46,000.

The report says about $15 billion was taken out for renovations, $6 billion for education and other spending, $7.5 billion for investments and $4 billion for "other purposes."

"Canadians are being smart and responsible with their mortgages. The survey results speak to the strength of our mortgage market, especially when compared to the United States."

JIM MURPHY, PRESIDENT AND CEO OF CAAMP

The report also found that homeowners are comfortable with their level of mortgage debt and the vast majority — about 84 per cent — said they could afford at least a $300 increase in their monthly mortgage payment.

The average Canadian has room for $1,056 per month on top of current costs, the report found.

However, about 350,000 out of 5.65 million, or about six per cent of Canadian mortgage holders, would be challenged by rate rises of less than one per cent, CAAMP said.

THE CANADIAN PRESS

AOL eyes Yahoo deal: Report

AOL Inc. has hired financial advisers to look into strategic options that could include a combination with Yahoo Inc., according to The Wall Street Journal.

The newspaper reported yesterday that AOL's advisers have been presenting various scenarios to the company about possible ways the two could combine operations. It said AOL has not yet reached out to Yahoo Inc. with a formal proposal and the two are not in formal discussions.

Last month, the Journal reported AOL was in preliminary talks with a group of leveraged buyout firms, including Silver Lake Partners and Blackstone Group, about making a joint bid for Yahoo.

If AOL does buy Yahoo, it will need help doing so, since its market cap of $2.7 billion is just a fraction of Yahoo's $21.9 billion. Even so, the deal is likely to be much smaller than the $47.5-billion offer from Microsoft that Yahoo snubbed in 2008.

THE ASSOCIATED PRESS

IS IT ENOUGH TO LOVE THE ONE YOU'RE WITH?

She says ...

JESSICA NAPIER

When you've been in a relationship for a while, you inevitably start to hear the same question over and over again, "So ... is this the one?"

And there it is folks, the one: One true love to have and to hold for eternity. Finding your soulmate can be beautiful and romantic. However, the idea of settling down forever with just one human being sends some commitment phobes running for the hills.

For me, staying faithful to one person for 40-plus years seems like an incredibly difficult commitment — not impossible, but definitely a challenge. I love my "the one" very much, but I sometimes I wonder, as the decades go by will my feelings change?

Almost 40 per cent of couples in Canada will divorce by their 30th wedding anniversary. Statistics like this make it hard to keep our faith in being faithful. It's hard to believe that one other person could satisfy every emotional and sexual need till death do you part. So what are the options when both partners start to feel like there is something missing in the relationship? Do you stick together and try to work it out, break up, or explore an alternative lifestyle?

"So what are the options when both partners start to feel like there is something missing in the relationship?"

When monogamy becomes monotony, some couples are turning to something (or someone) outside the relationship to spice things up. Open marriages and swinging are no longer the taboos they once were. In fact, reality TV shows like Sister Wives and Cheaters are contributing to the mainstreaming of these types of plural partnerships.

It seems the worst part about infidelity (besides the health risks you might subject your partner to) is the lying and the mistrust. But what about when it is completely consensual? If there is no real element of deceit, can we really call it cheating?

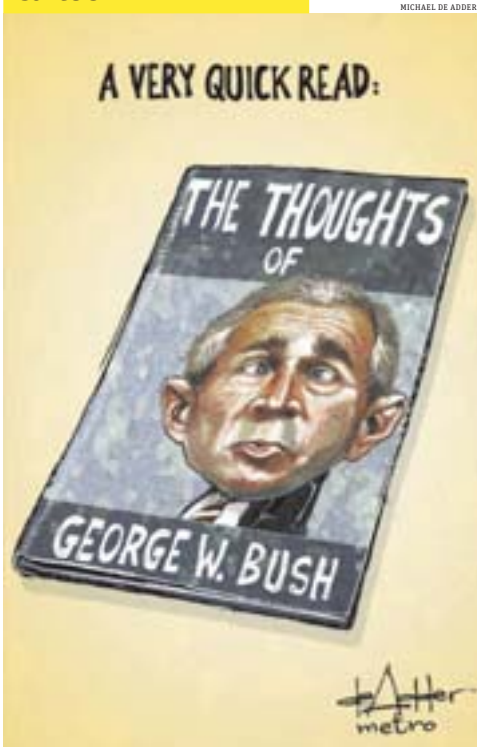
These non-traditional relationships are a minefield of ethical obstacles that can lead to a number of emotional (not to mention legal) consequences. But as problematic as they might be, many couples believe that becoming romantically or physically involved with other people can be a way to save a marriage, and even make it stronger.

Whether engaging in extramarital activities is right for your relationship is a personal decision unique to every couple. But when a website that facilitates adulterous encounters has more than seven million members, we have to wonder if the concept of monogamy is starting to become extinct.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



No silly shirts for leaders

Worth mentioning

For some Pacific Rim leaders, this will surely come as a relief: No kimonos or other special attire for the annual group photo.

Over the years, one of the most memorable moments of the annual Asia-Pacific Economic Co-operation summit has been what's come to be called the "silly shirts" photo, often representing the host country's culture.

The 21 APEC leaders have posed for together in Javan batik shirts (Indonesia in 1994), flowing ponchos (Chile in 2004) to Vietnamese "ao dai" — elegant silken tunics in which several of the leaders were visibly ill at ease — in 2006.

But this year in Japan, the leaders were instructed to come in "smart casual" for Saturday's photo, said a government official, who spoke on condition of anonymity, citing department rules.

The Japanese official cited the timing for the photo session, which falls between a traditional Kabuki theatre performance and an official dinner hosted by Prime Minister Naoto Kan, as one possible reason for the relatively staid choice.

The typical tight-fitting traditional kimono is not very comfortable or suitable for a photo session, said another official, though he did not explain why. THE ASSOCIATED PRESS

One size fits all

Is the poppy valid recognition for war veterans?

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Metro Minute at 100-Mile Child

We carefully monitor everything our kids eat, making sure whatever goes down the hatch is healthy, fresh and clean. Considering the amount of non-food related items that also find their way into your baby's mouth, it makes sense to extend the same criteria to their toys. 100-Mile Child, a new store at 348 Danforth Ave., specializes in local, ethical and safe products for kids. That means every item on the shelves has been selected for its educational, environmental, social and safety considerations, and comes from local manufacturers to boot. Now, when you see Junior slobbering all over his Ukoonto Building Blocks, you only have to worry about his nascent architectural genius.

JORDANA DIVON

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▶ You will be doing your part for the environment at 100-Mile Child. Your kids will just be happy to play with something.

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Heather Carlson was the lucky grand prize winner of the **Club Metro** and **Sony Ericsson – Mini But Mighty Contest!**

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All's fair in Hollywood justice

Joe Wilson and Valerie Plame, smeared by the Bush administration, tell their story Naomi Watts and Sean Penn star as the couple

PHIL BROWN
SCENE@METRONEWS.CA

In July 2003, Joe Wilson published an article in the New York Times outlining why he believed the Bush administration was lying to the American public so it could fast-track the Iraq war.

The government's response was to out his wife's, Valerie Plame, classified position with the CIA and launch a massive media smear campaign that almost ruined their lives. As it became obvious that a certain president was more suited to watch kid's cartoons than run a country, their names have since been cleared.

Now, the film Fair Game (starring Sean Penn and Naomi Watts as the couple) further explores the injustices they endured.

"Obviously, there was apprehension towards the movie because of the way our story had been reported," Wilson told Metro.

"But we were consultants on the movie and worked with the director to make sure that the script was as true to the facts as possible."

In a rare instance of truth triumphing over fiction in Hollywood, the couple was able to ensure its story was accurately represented with a few limitations.

"Like every CIA employee, I signed a secrecy agreement and that's good for a lifetime," said Plame. "There were some things that were off limits and they understood that."

Plame and Wilson are pleased with how Fair Game turned out, even if it can be difficult to watch.

"I've seen it three times now and ... it is not yet therapeutic. It's still pretty raw to have to go back and relive what we went through," said Wilson.

However, they recognize their story carries cultural significance worthy of the attention.

"We want people to walk out of the theatre and not see it so much as a black mark on the Bush administration per say, but against power and the abuse of power in general," explained Plame.

Quotables

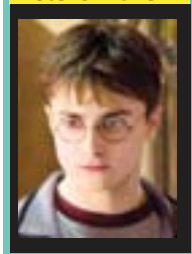
What the real star of Fair Game is saying

- **Valerie Plame's first reaction to the movie**
  "The producers had approached us ... but we knew nothing about Hollywood and that world."
- **Plame on Naomi Watts**
  "We've become friends. I mean, we're both working mothers, really at the end of the day..."

Naomi Watts stars in Fair Game, based on the story of Valerie Plame and her husband.

2 scene

Scene in brief



Warner Bros. has announced plans to buy and expand the English studios where the Harry Potter films are made. Warner Bros says it will invest roughly $161-million in a major expansion of the Leavesden Studios. Chairman and chief executive Barry Meyer said yesterday the investment will give Warner Bros. a state-of-the-art, permanent UK production base.

The enlargement program will be completed in 2012.

THE ASSOCIATED PRESS

Force Unleashed II manages to make fantastic Jedi power seem ordinary

Reliving the horrors of being 10 again

STEVE GOW
SCENE@METRONEWS.CA

If nothing else, Jacob Medjuck, the filmmaker of Summerhood is tenacious.

"Let's just say I pursued a lot of things I wasn't qualified for," said the one-time mechanical engineering student. "(I guess) I had a lower calling."

Not only did said "lower calling" turn Medjuck's attention towards such distinctive interests as animation, but when the Halifax native discovered a childhood journal, it inspired him to write and direct a comedy about life at summer camp in the late 1980s.

"I wanted to make a movie about the horrors of being 10," said Medjuck. "These kids are awful to each other ... and they're still friends. The movie to me is a horror film."

In the coming-of-age story, a young boy weathers camp pranks to discover first love.

"It's easy to make (an action) film," explained Medjuck. "But how do you make a movie where the punchline is whether these two kids hold hands?"

▶ Summerhood relives the 1980s.

The secret was partly in convincing John Cusack to narrate – not simple given Medjuck's minimal budget. But after "56 requests," Cusack relented.

For Medjuck, the experience affirmed that perseverance can pay off.

"What you learn in life is entertain yourself and if you're happy, people will find you," he said.

Jam to the '80s

Summerhood highlights 24 songs from the 1980s. Here's what to expect:

- David Foster: Love Theme for St. Elmo's Fire
- Cutting Crew: (I Just) Died In Your Arms Tonight
- Night Ranger: Sister Christian
- 2 Live Crew: We Want Some P—

Scott Pilgrim saga ends

Creator of the beloved comic book series reflects on going from one graphic novel to mega Hollywood success

PHIL BROWN
SCENE@METRONEWS.CA

In six years Bryan Lee O'Malley has gone from being a burgeoning artist with a single critically acclaimed graphic novel to one of the most beloved figures in the comic book community.

The reason? His six-part Toronto-set series Scott Pilgrim about a 20-something whose life is filtered through a pop culture cocktail of manga, movies, and vintage videogames.

With a Hollywood adaptation hitting DVD this week, Metro got a chance to speak with O'Malley about the recently completed Scott Pilgrim saga.

How did the idea of depicting Scott Pilgrim's life through this surreal pop culture lens come about?

It just came naturally, a kind of mishmash of influences from when I was a kid and in high school. The books were a way of getting all of that stuff out of my head, onto the page, and out there.

Weirdly, that happened to be what really catches on with a lot of people. I didn't really think it was for everyone. I thought it was just my personal obsessions, but it turns out to represent a lot of people's experience from growing up in the '80s and '90s.

Did you ever think it could be a film?

No, I started talking to [director] Edgar Wright right after the first book, but I never thought there would actually be a movie because most of these things never get made.

I think it worked because we had similar experiences. We both approach American pop culture as outsiders, him from the UK and me from Canada. We never felt like that was our world, but I think we both wanted to create something that synthesized our world and that kind of fantasy world.

How do you feel about your Scott Pilgrim experience now that it's ending?

I'm glad to be finished the work and I'm glad to be moving on to new concepts.

It's very much anchored in my early 20s and I'm looking forward to working on something explores the same themes, but from different angles.

What's saddest is moving on from the movie and all these wonderful people. But they're all my friends now and that's really nice.

KERRY HAYES

▶ The Scott Pilgrim comic book series and movie has turned its creator into a beloved figure.

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Grown Ups too juvenile

Grown Ups
Genre: Comedy
Director: Dennis Dugan
Stars: Adam Sandler, Kevin James, Chris Rock, David Spade
½

A candidate for the worst film to hail from the summer of 2010, a season with no dearth of foul cinematic emissions. (And as far as emissions go, Grown Ups leaves no bodily function unexplored.)

The film features (stars is too generous a word) four Saturday Night Live alumni, all now flabbily in their 40s, who used to be comedy gold: Adam Sandler, Chris Rock, Rob Schneider and David Spade, plus one guy, Kevin James, who still has a viable career on the strength of last year's surprise hit, Mall Cop.

The quintet of not-so-funny guys all played on the same high school b-ball championship team back in 1978. But when their beloved coach dies, they agree to reunite at a lake house — with their families in tow — after the coach's funeral.

It's evident Sandler and co-writer Fred Wolf could barely be bothered to write a script for this mess. Perhaps they ran out of toilet paper to write on after cleaning up all the aforementioned emissions. No discernible effort went into the assembling of this witless series of juvenile, offensive and oft-repeated gags that reach their nadir with one of the wives (a slumming Maria Bello) still breastfeeding her 4-year-old son.

In exploring the adjustment to middle age, these booger flickers had the germ of a good idea. They could have had a fun, even poignant, story. Instead, they chose to portray the fivesome as pathetic losers who never have — and never will — grow up. And that's not much to laugh about. PETER HOWELL

Scott Pilgrim vs. the World
Genre: Comedy
Director: Edgar Wright
Stars: Michael Cera, Alison Pill, Mary Elizabeth Winstead

Few amusements can top Scott Pilgrim vs. the World for squarely hitting the bull's-eye of its target audience.

That would be video gamers and, oh, let's see … more video gamers. Regular citizens and migraine sufferers, please move along. For Scott Pilgrim vs. the World is nothing more than a live-action version of Bryan Lee O'Malley's cult hit graphic novel, skillfully interpreted and adapted by director Edgar Wright with co-writer Michael Bacall.

Brampton's own Michael Cera is 22-year-old Scott Pilgrim, a desultory bassist who is obliged to fight the arcade-style Seven Evil Exes of his new girlfriend, Ramona Flowers (Mary Elizabeth Winstead), in order to prove his devotion to her. (That's the whole plot, in case you were wondering.)

Those who are Jung and easily Freudianed will appreciate the film's psychedelic stick-handling of subconscious sexual fears. And those who get off on seeing their hometown on the silver screen will be amused by the many in-joke references to this made-in-Toronto movie, which proudly squeals its Hogtown connections with shots of Casa Loma, Lee's Palace, the TTC and other cherished landmarks.

Finally, the sound track is an appealing generation-spanning mix of Metric, Beck, Frank Black, T. Rex, the Black Lips, and, of course, the Stones.

Those who dig this film will dig it a lot, with the caveat that a little Pilgrim goes a long way.

But if you can't quite follow, or remember, all of the stories surrounding Ramona's evil exes, don't worry. There won't be a test. But there may be a need for pain killers.

The multitudinous extras, especially on Blu-ray, include deleted and alternate scenes, commentaries by director, cast and crew, a blooper reel and many featurettes. PETER HOWELL

A backstage pass to a hardcore life

MICHAEL BUCKNER/GETTY IMAGES

Pro wrestler Mick Foley stops before entering the front door of a downtown hotel, giving his right leg a shake as a chronic nerve problem sends a jolt of pain down his side.

Once inside the building, the six-foot-four 300-pounder gingerly makes his way into the lobby and slowly lowers himself into a chair.

Foley, in Canada this week for a brief media tour, can't hide the effects of over two decades in the sports entertainment business.

His bushy brown hair covers many of his old battle wounds: the stump that remains from where his right ear was ripped off in 1994, a forehead that is creased with scars.

Many fans wonder why the so-called "Hardcore Legend" continues to put his body through the abuse. It's a subject he tries to answer in his latest book, Countdown to Lockdown: A Hardcore Journal.

The 336-page effort chronicles his choice to come out of retirement last year to join TNA Wrestling despite a host of injuries. Foley focuses on the buildup to his debut in the promotion, treating readers to his usual engaging, free-flowing style, one that he honed over his first three memoirs.

"I'm lucky that my memory has not been affected by all the things that I've put my poor body through," the easy-going Foley said with a smile.

And his burly frame has been put through a lot.

Barbed-wire matches. Bodyslams on thumb tacks. Steel cage bouts. Too many chair shots to mention.

"The truth is that none of the things I did in the ring come without a price," Foley said.

The 45-year-old native of Long Island, N.Y., is still under contract with the TNA outfit, although his in-ring performances are rare.

In the book, Foley gives readers a backstage pass on his transition from WWE to TNA and the developments that shaped his career choices.

With the buildup to his match at the 2009 "Lockdown" pay-per-view event serving as the framework, Foley mixes in chapters that touch on everything from meeting singer-songwriter Tori Amos to his charity work in Sierra Leone. THE CANADIAN PRESS

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TV picks

Welcome back Michael B.

FOOTBALL IDOL. Fans of Friday Night Lights awaiting the football drama's return will see a friendly face on Parenthood. Michael B. Jordan — known to FNL fans as quarterback Vince Howard — pops up again here as an employee of a food bank, and a possible love interest for Haddie.

▶ **Parenthood, Citytv, NBC**

Kidnapping's new twist

FEEL THE BURN. Still catching up on the spy series Burn Notice? Tonight finds always-unflappable Michael being forced to kidnap a kidnapper.

▶ **Burn Notice, Showcase**

THE ASSOCIATED PRESS

How to survive hard times?

Star in a reality show

The struggling Bruce family becomes the TV face of the U.S. recession

A reality series featuring families hit hard by the global economic crunch?

Welcome to recession TV.

The WE television network has premièred Downsized, an eight-episode series about the blended family of Laura and Todd Bruce, who are struggling financially after the collapse of Todd's construction business.

Bruce used to take in $1.5 million a year. But in the first episode, he's shown emptying a bottle of change and selling a favourite baseball mitt to pay the month's rent.

"It's the face of the economic issue of our times," said John Miller, chief programming executive at the women-centred WE network.

Recession TV is a trend that can cut both ways.

People with their own financial troubles may appreciate seeing others go through the same things, making them feel less alone or stigmatized.

Yet it can be excruciating to watch the wounded pride on Bruce's face as he tells his wife not to borrow money from her father.

"They are a family facing a terrifying part of their lives and they are united."
JOHN MILLER, WE NETWORK

The Bruces have been married five years and have seven children from previous marriages. They live outside Phoenix, Ariz.

They lived well when construction was booming, frequently eating out, but didn't react quickly when tougher times came.

Bruce racked up credit card debt trying to keep up and pay employees when the work went away.

Laura Bruce is a schoolteacher, waitressing on the side and about to teach fitness.

They answered an ad from a TV show looking for families who wanted to save money.

The "nominal" payment enabled the couple to pay back their children for money borrowed to make the rent, Laura Bruce said.

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USA

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Departs Nov 14/sqv/qk.

Jamaica 7 Nights 4-Star $467
Holiday Inn Sunspree Resort + taxes & fees $279
Departs Nov 26/nol/ts.

Los Cabos 7 Nights 4.5-Star $590
Melia Cabo Real + taxes & fees $283
Departs Nov 29/sqv/qk.

Panama 7 Nights 4-Star $695
Playa Blanca Beach Resort + taxes & fees $245
Departs Nov 15/swg/wg.

Curaçao 7 Nights 4-Star $697
Breezes Curacao + taxes & fees $238
Departs Nov 14/sqv/qk.

Bahamas 4 Nights 5-Star $877
Sandals Royal Bahamian Spa Resort + taxes & fees $254
Departs Nov 14/sqv/qk.

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RAHOUL GHOSE/WE TV/THE ASSOCIATED PRESS

▶ Laura Bruce and her daughter Whitney make ends meet in a new TV series that profiles a family gone from rich to struggling.

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ADAM LARKEY/ABC/THE ASSOCIATED PRESS

▶ KaDee Strickland and Kate Walsh are shown in a scene from Private Practice.

Primetime TV fights the scourge of sexual assault

ABC's Private Practice uses drama to spotlight the devastating results It's a 'silent crime' for many

Actress KaDee Strickland is using the dramatic hurdles of her character on ABC's Private Practice to show the devastating effects of sexual assaults.

Strickland plays tough-as-nails doctor Charlotte King, whose world is jolted by a violent rape.

It's not just an opportunity to show Strickland's range as an actress, but also to help others.

"No one can take for granted just what a huge, huge issue this is in our country," says Strickland.

"It happens every two minutes," she says, citing a statistic from the Rape, Abuse and Incest National Network. "Someone's attacked. When you think about that, you know, our show's an hour long. That's 30 people."

Strickland also has a personal connection to the issue. She recalled being at a hospital alongside a friend who had just been sexually assaulted.

During the taping of Private Practice, the man accused of raping Strickland's friend was found guilty. Private Practice creator and executive producer Shonda Rhimes took a strong interest in the story line and wrote an episode.

"I wanted to talk about rape from the perspective of the survivor," Rhimes says. Her goal was "to illuminate and give voice to the experience of rape survivors as opposed to law enforcement or someone from the outside looking in."

Both Strickland and Rhimes want to make sure Private Practice doesn't just address rape in a single episode.

"One of the things Shonda and I were very clear about is ... I said, 'It can't go away.' She said, 'No. I hate when they do that.' Four episodes and hands are clean ... I believe, as does Shonda, that as long as this show is on the air and Charlotte King is a part of it, this will be a part of her."

Private Practice isn't the only primetime show fighting sexual assaults.

Actress AnnaLynne McCord plays a character on 90210 who was raped by a teacher at her school.

Off camera, McCord advocates on behalf of sexual abuse survivors. "It's already an issue that I work strongly to speak out about," explains McCord.

At least one anti-sexual assault organization is hopeful about this primetime TV platform.

"Unfortunately it is a silent crime for many survivors who haven't spoken out or gotten help," says Katherine Hull, the communications vice-president of RAINN. "It's important that we speak about it in a public way."

THE ASSOCIATED PRESS

The grim toll

The Rape, Abuse and Incest National Network offers some horrifying statistics about sexual assault:

- One in six women — and one in 33 men — will be sexually assaulted in their life time.
- Every two minutes someone in the U.S. is sexually assaulted.
- Sixty per cent of sexual assaults are not reported to the police.
- Approximately 73 per cent of rape victims know their assailants.

IN CONVERSATION

Nora Ephron

Wednesday, November 10th, 7pm

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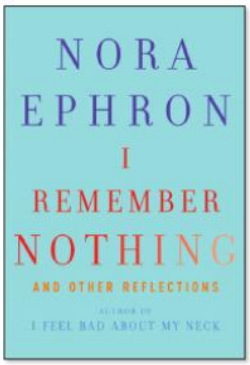

Nora Ephron is a three time Academy Award nominee, the director and writer of films including *Julie & Julia*, *You've Got Mail* and *Sleepless in Seattle*. Join us as Indigo's Chief Booklover, **Heather Reisman** interviews Nora as they discuss *I Remember Nothing: And Other Reflections*.

Book signing to follow.

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Scene in brief

Walking Dead is alive at AMC

AMC network is rewarding its new zombie drama The Walking Dead with life for a second season after just two episodes have aired.

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THE ASSOCIATED PRESS

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DROP THE LAWSUITS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

In 2007, Jammie Thomas-Rasset, a Minnesota mother of four, was sued by the Recording Industry Association of America for illegally downloading 24 songs.

While the RIAA had threatened people with lawsuits before, hers was the first case that went to court.

Three years later, it's still going on.

A jury has ordered Thomas-Rasset to pay the association $1.5 million for downloading songs and once again — this is her third trial — she's refusing to pay.

When the RIAA began forcing people to pay big bucks for illegal downloads, there was an understandable amount of outrage.

The punishment didn't seem to fit the crime. Thomas-Rasset has to pay $62,500 for about $24 worth of music.

Fortunately, those lawsuits seem to have come to an end.

The RIAA has said it's stopping legal campaigns. While many Americans had to cough up money — the average settlement was about $3,500 — it's pretty clear the litigation did nothing besides make the association's lawyers about $17 million richer, and turn the big labels into bullies.

According to the International Federation of the Phonographic Industry, a U.K.-based organization that represents the recording industry, lawsuits have raised the awareness of illegal downloading, but that's about it.

So what was the point?

It has just made the major labels look like thugs.

Once again the music industry missed the mark.

While content creators should get paid for their work, there must be other ways to curb illegal downloading.

I could write a whole article on what that might look like, but the point is, the RIAA should drop the lawsuit against Thomas-Rasset and other Americans who still owe the organization money.

Demanding a mom pay $1.5 million for 24 songs isn't doing anyone any good.

If anything the mainstream music industry continues to alienate music buyers, while illegal downloaders continue to get their songs for free.

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metro
News worth sharing.

Walkin' Reba's country road

Music queen has inspired a new generation of female singers
She may be 55, but tomorrow's CMA Awards show will echo her talents

Think of this as the Reba McEntire edition of the Country Music Association Awards.

McEntire, one of country music's most recognizable women, is up for just one award tomorrow night. But she inspired and led the way for the new generation of female talent that swept through nominations this year.

Young singers like Miranda Lambert, Hillary Scott of Lady Antebellum, Taylor Swift and Carrie Underwood admit they owe a debt to stars like Loretta Lynn and Dolly Parton — as do all female country performers.

But it was Reba who was front and centre during their childhood, pointing the way.

She was the CMA's entertainer of the year in 1986 — around the time Lambert turned three and Scott was a few months old — and a quarter of a century later at 55, she's still as vibrant as ever.

She's up for female vocalist of the year tomorrow night and is poised to release her 34th album, All The Women I Am, the day before.

▶ Reba McEntire has immense respect for the talents of young performers. 'I see what the younger acts are doing,' she says. 'They're my competition but they're also my friends.'

"I think Reba has really shown what a woman's career should look like," said Lambert, who leads all nominees with nine.

And what a career. Her albums come out like clockwork. She is among country music's top touring draws. She's the longtime host of the Academy of Country Music Awards and her surprise hit TV show remains in heavy rotation in syndication. She has even done Broadway. And don't forget her clothing and product lines.

THE ASSOCIATED PRESS

"She's just a mogul. She works so hard and she looks better than she ever has and her music's great still."
MIRANDA LAMBERT

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Playboy mag bares it all for racy art auction

125 works of art are being sold by the publication

Pamela Anderson and Marilyn Monroe may be names that come to mind when one thinks of Playboy, but how about Salvador Dali?

A Dali watercolour of a reclining nude is among 125 artworks being auctioned by the magazine. The Dec. 8 auction at Christie's is dubbed The Year of the Rabbit.

Founder and editor-in-chief, Hugh Hefner, said the magazine that has entertained, titillated and informed with its commissioned art has often blurred lines between fine and popular art.

"Playboy helped to change the very direction of commercial art," the 84-year-old Hefner said.

▶ Playboy art for sale

Among the sale items are a photo of Dan Aykroyd in a conehead costume with a bunny-suited Anderson, a photo of the magazine's 1953 debut cover of Monroe and an early 1960s shot of sex kitten Brigitte Bardot.

The star of the auction, Tom Wesselmann's Mouth No. 8, depicts the artist's iconic theme of a woman's open, lipsticked mouth. The 1966 work is estimated to bring $2 million to $3 million.

Not all the material focuses on the erogenous, especially a white plaster cast by George Segal of a pregnant woman seated in a folding chair that was part of the Playmate of Fine Art pictorial.

The December sale marks the second time Christie's has sold items from Playboy.

THE ASSOCIATED PRESS

GETTY IMAGES

Christina Aguilera

Aguilera seen with a new man

Christina Aguilera enjoyed a night out recently with pals Nicole Richie and Joel Madden as well as a mystery man who turned out to be Matthew Rutler, her set assistant for her new film, Burlesque, according to the Daily Mail.

While dining with a colleague is hardly suspicious, their exit from the SoHo House raised some eyebrows, as Rutler reportedly hid under a blanket in the backseat of Aguilera's car to avoid the press.

METRO

Allen's health improving

Lily Allen's condition is improving, her representative tells People magazine.

The singer is being treated at a London hospital for septicaemia, a bacterial blood condition.

Allen "is responding well to treatment and her condition continues to improve," her rep says. "Lily thanks everyone for their messages of support and again asks that she and partner Sam Cooper be left alone whilst she recovers."

METRO

Lohan has a visit with her father

Michael visited Lohan at Betty Ford Clinic Spent several hours together, including shopping at a mall

Michael Lohan's recent good behaviour earned him some time with daughter Lindsay Lohan over the weekend, according to Radar Online.

"Lindsay met Michael at Betty Ford and the pair spent hours together. It was not a fleeting encounter, this appeared well-planned in advance," a source says. "They also went shopping at a local Palm Desert mall, where they were seen walking around together and at one point, were in a jewelry store."

When asked about the meeting, Michael kept up his new policy of not talking to the media, saying, "I have pledged not to comment about anything relating to my daughter. However, what I will say is that I am an incredibly proud father tonight. My daughter is progressing extraordinarily well."

Meanwhile, Dina Lohan insists that daughter Lindsay is doing so well in rehab that she wants to go into the business herself when she gets out.

"... I am an incredibly proud father tonight. My daughter is progressing extraordinarily well."

MICHAEL LOHAN

GETTY IMAGES

Lindsay Lohan

"She wants to start her own facilities, help other children," Dina told Matt Lauer during an interview on the NBC's Today show. "She's so public, we can only be positive and look to the future to help other families." METRO

GETTY IMAGES

Miley and Billy Ray Cyrus.

Miley to spend b-day with fam

Miley Cyrus turns 18 in two weeks, and the Disney megastar wants nothing more than to spend it with her family.

"(My family and I) need time to all be together," Cyrus tells MTV News. And sources tell Popeater that Cyrus' success may have played a role in her parents' current divorce battle.

"Both parents have been equally involved in making their daughter a superstar, and now that they have achieved their goal they have nothing to work towards anymore and nothing to keep them together," a source says.

"You would think that someone like Miley has everything in the world, but I guarantee she would give it all up in a second if it kept her family together."

METRO

Celebrity tweets

Ashton Kutcher [@aplusk] Dear Brett Favre, Retire. Sincerely, Ashton

Steve Martin [@SteveMartinToGo] Pretaping wife now for dinner conversation tonight.

50 Cent [@50cent] just thinking when I die I want to be remembered as someone special. I have to be better at everything I do.

Pink [@Pink] Thinkin about hibernating for winter.

METRO

50 Cent denies fling

50 Cent insists the rumors about him and late-night host Chelsea Handler having a fling are bogus.

"I didn't hear none of that," he tells Hollyscoop of recent reports of their alleged hook-ups. "I don't know how you set it straight. Chelsea is a friend of mine and she's been working on a lot of great television projects I've been communicating with her (about)."

METRO

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ISTOCK PHOTO

▶ An Australian study found that skipping breakfast over a long period may have detrimental effects to your heart. It found that people who skipped breakfast tended to have higher cholesterol, elevated insulin levels and larger waist circumferences. It was published in the American Journal of Clinical Nutrition in October 2010.

We're bringing breakfast back

Eating in the morning is good for you But no need to force it down

E MILNE
LIFE@METRONEWS.CA

Turned off by breakfast?

No need to force yourself. Nutrition experts have been telling us for years that we should eat breakfast. But this doesn't mean you have to choke down food when you're not hungry yet.

"Breakfast is, indeed, important," says nutrition guru Dr. David Katz, director and co-founder of the Yale Prevention Research Center in New Haven, Conn.

"But exactly when and exactly where you eat it is up to you."

According to Dr. Katz, people who eat breakfast tend to be healthier and leaner than those who skip it.

One new study even shows that eating breakfast is good for your heart. Yet, many people don't realize it's not crucial to eat breakfast the minute your feet hit the floor in the morning.

If you aren't hungry when you first leave home in the morning, but get hungry at about 10:00 a.m. or 10:30 a.m. while at your desk, it's still healthier to eat something then, than to fast until lunch time.

"I routinely have breakfast that late, because that's when I get hungry for it," says Dr. Katz.

"If I can't eat a late breakfast at home, I take it with me."

Dr. Katz is an internationally renowned authority on nutrition, weight management and prevention of chronic disease.

He has written more than 100 scientific papers, almost 1,000 newspaper columns and 12 books on nutrition.

And he's an advisor to U.S. President Barrack Obama.

Morning rush

Nutrition expert Dr. David Katz takes a mix of whole grain cereals and fresh fruit for his late-morning breakfast. Here are his recommendations for breakfast on the go:

- Dried fruit and nuts (packed with nutrients, easy to carry, great shelf lie. But don't get ones with lots of sugar and salt added).
- Larabar Raw Food Bar chocolate coconut chew bars.
- Nature's Choice multigrain cereal bars.
- Wholesome Goodness bars.
- Yogurts that are all about milk

3 life

Health in brief

In a scientific feat that almost defies imagination, Canadian researchers have transformed human skin into different types of blood cells. The achievement by McMaster University scientists is being hailed as a breakthrough that could one day help patients needing transfusions for surgery, to treat potentially deadly blood disorders or to offset the destructive side-effects of chemotherapy.

THE CANADIAN PRESS

Special CT scans cut lung cancer deaths in study; questions remain about screening

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Where do you come from?

In Toronto, you probably have ties to somewhere else

If you live in Toronto, chances are you have ties of some kind to another country. Statistics Canada figures show that about half of the city's population is made up of immigrants while almost one-quarter is made up of 2nd generation newcomers with at least one parent born outside of Canada.

"What makes Toronto really remarkable is that we have traditionally been built by immigrants," says Rahul Bhardwaj, president and CEO, Toronto Community Foundation, a charitable foundation that targets community needs. While immigration was once dominated by European nations, in recent years Canada has welcomed an influx of Asian, Chinese, Black, Filipino, Latin American, Korean, Arab and Japanese immigrants.

Today Toronto is home to almost 2.7 million people (5.5 million when you count the surrounding areas). There are 200 ethnic origins speaking more than 140 languages and dialects. The most common languages spoken after English and French, include Italian, Chinese languages, Portuguese, Punjabi and Urdu (languages spoken in Pakistan), German, Spanish, Polish, Tagalog (spoken in the Philippines) and Tamil!

What's nice for newcomers to Toronto – and the 2006 census shows that annually, almost half of all immigrants to Canada settle in the Greater Toronto Area – is that many different immigrant communities already have roots here. "The Canadian culture is one of openness" says Bhardwaj. "You can come here and be Canadian, and you can also retain part of your own personal connection with your own heritage and history."

With an eye on increasing recognition and opportunities for newcomers, and continuing to solidify Toronto's reputation as a vibrant, successful and liveable city, the next decade is sure to be an exciting one for everyone.

Toronto is defined by a rich and vibrant community from all around the globe.

We are truly one of the most diverse cities in the world - Torontonians speak more than 100 languages and dialects and the latest Statistics Canada figures show that 50% of the city's population is made up of newcomers. So we're delighted to partner with TD Canada Trust to bring you this special celebration of multicultural Toronto, a city we are proud to call home.

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Profiles of new Canadians

5 people who have found success in Canada, and are helping others do the same

Antonius Jamal Clarke: "Small axes chop down big trees"

"I'm not going to sit down and give you an easy story. It's hard to do good." Antonius Jamal Clarke won't pull any punches when he talks about his struggles as a new Canadian. "You've just got to have the mindset, the discipline, the self control," says the 25-year-old recipient of this year's New Pioneer Award from the non-profit Skills for Change organization, "Small axes chop down big trees."

When he first came to Canada from St. Lucia in 1990 with his mother and siblings, he felt like just another stigmatized, marginalized black immigrant, kicked out of school, losing friends to guns and gangs.

But something – his strong faith or inspiration from his mother's struggle to raise five children on her own – kept Clarke from continuing down the wrong path.

He returned to school to become class president and valedictorian and now is a university student and respected leader in his beloved, but beleaguered Jane-Finch community.

"As long as you have a good heart and your intentions are noble," he says, "the universe gives you good luck."

– Kim Zarzour

Asha Seth: "Work hard, don't give up, believe in yourself"

Since arriving in Toronto in 1974, Dr. Asha Seth has not only birthed a huge number of babies, she has given back to the community by raising thousands of dollars to support the Heart and Stroke Foundation, the Canadian Foundation for the Physically Disabled, the Canadian National Institute for the Blind, and the St. Joseph's Health Centre Foundation. Seth is from India via the UK where she received her medical degree. Here, she worked at St Joseph's hospital for two years, then set up an OB-Gyn practice.

Seth finds Toronto quite a different city today than when she first arrived. In the mid-70s immigrants kept a low profile and most were reluctant to even see a doctor because of the language barrier.

Today, Toronto has "evolved," says Seth. "People of all cultures have learned to relate not only to their own community, but to other communities as well."

To make immigrating a good experience, she tells newcomers to work hard, and believe in yourself.

"But you also must pay it forward and not forget those who helped you along the way."

– Alex Newman

Joshua Jiang: "Everyone's different and we can learn from each other"

Soccer and math helped Joshua Jiang understand how to become a good Canadian.

When he moved to North York from Beijing in 2002 not knowing how to speak English, his love of soccer helped him connect with the other 10-year-olds in the schoolyard. He studied hard, got good marks and is now in a physics and math program at University of Toronto. Along the way he decided to give back and it was his second love – for mathematics – that showed him how.

He organized an annual math contest that raised close to $10,000 for ORBIS, a non-profit group that fights blindness in developing countries. He also ran social events connected with the contest to help newcomers get to know each other and education seminars helping them interact with the community.

"I want them to know they don't have to cope on their own," he says. "Canada is a multicultural society. Everyone's different and if we can learn from each other, we can move forward as a whole."

– Kim Zarzour

GEOFFREY STONE

Yvonne Ng: "Onstage, cultural barriers don't exist"

Yvonne Ng came to Canada from Singapore in 1984 as a foreign student intending to study hotel management. After high school, she was urged by friends who had seen her dance to audition for York University's fine arts performance program.

A dancer with natural talent from an early age, Ng passed the stringent entry requirements and launched an exciting and successful career in Canada as a dancer, choreographer and artistic director.

The transition – moving from Singapore as a young woman and adopting Canada as her home – was eased through dance. Because "onstage", says Ng, "cultural barriers don't exist".

Today, her dance company, Princess Productions, has commissioned and performed over thirty major works in Canada, Australia and Singapore.

The company owes its beginnings to Ng's hard work, generous sponsors and to government arts grants. As choreographer and artistic director of the company, Ng is influenced by Chinese opera and movies, Indian cinema, 1940s Hollywood and her immigrant experience to Canada. And she has no intention of ever leaving.

– Alex Newman

Life in Toronto: All in the family

Violinist Mayumi Seiler has had an unparalleled career performing alongside musical superstars such as Neville Mariner and Christopher Hogwood, for orchestras like the London Sinfonia, the Royal Philharmonic, and the Berlin Symphony and on stages as famous as Carnegie Hall, Amsterdam's Concertgebouw and Roy Thompson Hall.

But at home in Toronto, the quiet unassuming musician might just as easily be known as a soccer (and volleyball) mom to her kids, Hana and Seiji.

Born in Japan, she moved to Austria as a toddler with her family. Living in Salzburg afforded her access to the finest music training, and at age three, she started violin lessons at the Mozarteum.

London eventually became Seiler's home base. But in 1996, she met a Canadian, married, moved to Toronto with him, and started a family. By then Toronto was already engaged in a love affair with international food and diverse cultures.

But it was her children who really made Toronto home. "My two children are rooted here, going to school and playing rep soccer and volleyball. That's become a huge part of our community, even if many of them don't know what I do for a living."

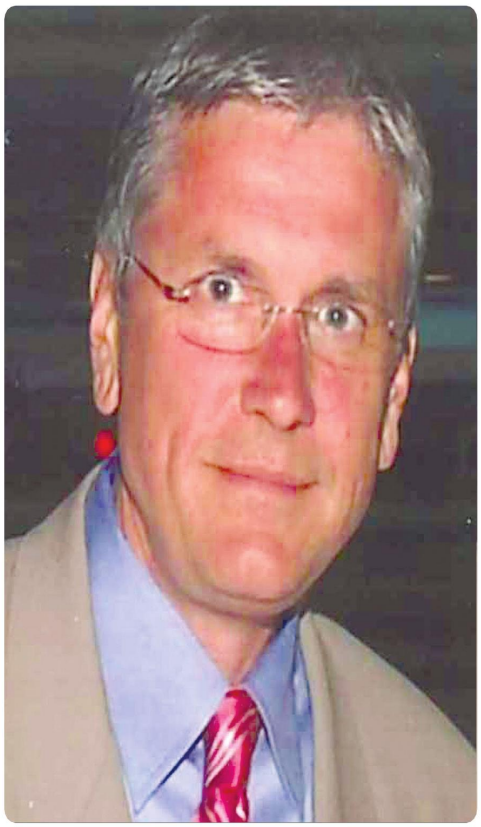
She is equally rooted in the music community. Seiler started Via Salzburg, a company that performs a repertoire ranging from Baroque to contemporary, with a handful of extraordinary musicians from the intimacy of Glenn Gould Studio. It took a lot of hard work, some sponsorship, and then later some government help. Being a believer in giving back, Seiler has incorporated other groups in the performance schedule – such as Regent Park Children's Choir, the Indonesian evergreen club ensemble, plus dancers, mime artists, narrators.

Creating these international mixes is a little like fusion cooking, she says – and so is Toronto. "What works is not mixing the different ingredients, but layering them."

– Alex Newman

MONEY MATTERS

Phil Bowman, Senior Vice-President Corporate Marketing, talks about the types of money-related challenges faced by new Canadians and the solutions that TD provides.



Why are new Canadians so important to Canada?

Immigration is a very important, and exciting, part of Canada's future. Statistics and government information show that in the near future the source of growth in the population is going to be entirely from new Canadians. What's nice about that is as people come here from all over the world, they bring all of their different viewpoints, customs and approaches to life – and that makes a better society for all Canadians.

What do you see as some of the challenges new Canadians face when they arrive?

Of course, all the necessities of life are most important when you first arrive in a new country, such as housing, employment, health care and community. At the same time, there can be a lot of things people are unfamiliar with in terms of basic tasks like navigating the city on public transportation, shopping for groceries and managing finances. To help new Canadians, there are government services as well as other organizations and services that TD Canada Trust supports. We have also created banking services specifically for those new to Canada. At the outset, language can be one of the biggest challenges. We hire people from different countries who speak many languages – so when someone comes into a branch they can speak to a TD employee in their own language. This makes everything more comfortable and efficient, because there can be a lot to learn. The way people pay for things can be very different from country to country for example. Canada is payment systems based so if you come from a country that relies on cash and credit cards, you have to learn to use a debit pin pad and debit card.

What advice would you offer to someone who is recently new to Canada?

Our research has shown that one of the first things that people do when they come to Canada is find a bank. To find a bank, ask family and friends for a recommendation. TD Canada Trust welcomes all new Canadians and has established relationships with many different ethnic groups. For example, the South Asian community is a very important community for TD. Most South Asians are choosing to open a new account with TD because their families have recommended us.

Look around your neighborhood for a bank as well – banking close to home (or work) just makes life easier and friendlier. TD has branches in every community in Toronto with community-specific services and we work hard to make customers feel comfortable. We have a multi-language online service and automated banking machine network as well as branch locations in diverse communities.

Be sure banking services are available in your language. We staff our branches with employees who speak the language of the community. Our materials and signage are in different languages too.

Create a relationship with your TD representative. Set up a meeting with them and a family member perhaps, and bring a list of your needs or concerns and any questions you would like answered.

Banking can be this comfortable

What advice would you offer to a new Canadian who has been in Toronto for a few years?

As people move out of their initial needs of housing and employment, like other Canadians their goals turn to saving for their retirement and educating their children. TD has specialized advice and services that can help our customers buy a home, pay for their children's education and purchase a car. We can also help if they need to send money back home – that's a very important activity for many of our customers who have left family behind.

What is TD doing to help new Canadians?

We've learned a lot over the last few decades working with new Canadians in our branches, and we have taken that information and created an enhanced website www.TDcanadatrust.com/newtocanada. It provides everything a new Canadian needs to know, from basic banking to complex financial transactions.

Something else that is new: beginning in February, we are opening over 300 branches across the country seven days a week. We've found that many new Canadians would like to bank on Sunday as well as Saturday. The branches that will be open on Sundays are in communities where there are large populations of new Canadians. We already have the longest banking hours in Canada (we're open late and on Saturdays) and now we're extending that to Sundays too.

It's also important to know that all of our branch managers can create custom solutions regarding day-to-day banking, building credit and saving for the future.

Are there other ways that TD is helping new Canadians?

There certainly are. Many people coming from all over the world are very accomplished in their home countries but they are having a difficult time finding a job here. We are involved in several community and non-profit organizations that are helping new Canadians in a range of employment and coaching services.

We provide executive support and interaction by participating in ACCES' Speed Mentoring. (One of the people I mentored is actually a TD employee now.) There is also a national mentoring initiative that TD supports called the Mentoring Partnership. It builds relationships between professional mentors and new immigrants. The mentor provides professional advice on resumes, practice interviews and networking opportunities with other professionals in the same field.

At TD, we have very robust diversity programs because we want people from all over the world who come to Canada to bank with TD. But we also want people from all over the world who come to Canada to work for TD. And that combination is very powerful. If our business is going to grow, we need people to help us do that.

Most common banking questions asked by new Canadians

- How do I set up a bank account?
- How do you pay for things in Canada?
- How do I get credit?
- How can I borrow money?
- How do I use the debit card system?
- Can I open an account with my spouse?
- Can you help me send money back home?

Caribana

ANDREW WEIR

Diwali festival

Chinese New Year

CHINESE CULTURAL CENTRE OF GREATER TORONTO

Celebrating Toronto by neighbourhoods and festivals

Vibrant. Diverse. Colourful. Those are a few of the words used to describe Toronto's ethnic neighborhoods. Here's a quick tour of the city.

In the downtown core, North America's largest Chinatown fans out from the intersection of Dundas and Spadina. Along Bloor between Christie and Bathurst, there are restaurants, bakeries, gift shops, and grocery stores offering all things Korean.

In the east, Greektown, running along the Danforth, is reported to have one of the world's highest concentrations of restaurants per kilometre. Just south, there is a large South Asian enclave with Indian, Pakistani, Bangladeshi, Afghan and Sri Lankan restaurants and cafes offering a range of regional delicacies and shops displaying colourful saris, fabrics and jewellery. And, years ago, Irish immigrants settled south of there in Corktown.

"What an advantage it is to live and work with people who have roots all over the world," observes Cindy Wilkey, a long-time resident of Corktown. "We have a world of experience to draw on without leaving our city."

In the west end, Corso Italia on St. Clair West includes numerous Italian cafes, fine shops, restaurants and food markets. Little Italy, centered on the College Street strip, overflows with pizzerias, cafes, and nightclubs. Wide sidewalks and outdoor patios are perfect for people-watching. The area is more ethnically diverse than it once was too. "You can go one block and there's an Italian bakery selling calabrese and go two blocks over and there's a Portuguese bakery selling their wonderful custard tarts," says Gilda Swartz, who lived in the area for many years.

Further west, Bloor West Village has more than 400 restaurants, cafes, services, book and specialty clothing stores, many of which reflect the large Eastern European presence. Another Eastern European enclave is concentrated along Roncesvalles. The street and surrounding neighborhood are home to prominent Polish businesses, churches, restaurants and delicatessens.

To the north, along Eglinton Ave from Allen Road to Keele are several Jamaican and Caribbean businesses, many of which are frequented by the city's over 150,000 Torontonians of Jamaican origin.

But perhaps the most ethnically diverse pocket of the city is Thorncliffe Park to the north and east. It is home to a growing number of South Asians, Filipinos, and Hispanics. About 57 per cent of the residents there are new immigrants with 54 different languages are spoken at the local public school.

– Pauline Anderson

Celebrating Diversity: One Festival at a Time

Just about any time of year, you can find an ethnic festival somewhere in Toronto.

• This past weekend, **Diwali** lit up parts of the city. The South Asian festival involves lighting small oil-filled lamps (diyas) to signify triumph of good over evil. Along with fireworks, prayer, feasts and food, everyone wears new clothes, says Subbu Chintaluri, Manager of the Gerard India Bazaar Business Improvement Association.

• The **Chinese New Year** starts on February 3, 2011. (It's the year of the rabbit). Week-long celebrations include lion dances and performances by the Peking Opera at the Royal Ontario Museum, along with arts and crafts demonstrations for the kids, says Angela Chan, Chair, Special Events, Chinese Cultural Center.

• In February, **Black History Month** recognizes past and present contributions of African Canadians in areas such as education, art, culture, public service, politics and human rights. The event will be extra special because 2011 is the International Year for People of African Descent.

• In May, the **Asian Heritage Month Festival showcases Asian Canadian** actors, artists, dancers, filmmakers, musicians and writers.

• The **Toronto Jazz Festival** (June 24 to July 3) kicks off summer. With more than 40 venues, clubs and stages and featuring jazz greats such as Miles Davis, Dizzy Gillespie and Ray Charles, "the festival has woven its way into the very fabric of Toronto and become the sound of the city," says Anna Tom, spokesperson.

• The **Caribana** festival takes over much of the city in August, culminating in a parade of colourfully dressed dancers and musicians that draws some 1.2 million spectators. The festival has its roots in the end of slavery in Trinidad over 100 years ago when people took to the streets wearing the finery of their former owners.

• **Taste of the Danforth** is another August tradition in Toronto. The weekend long event celebrates Greek culture and heritage with food, live music and dance. Past festivals have attracted 1.3 people – many more than the reported 150,000 Greeks in GTA. "This is one festival that is truly reflective of Toronto's cultural mosaic," says spokesperson Howard Lichtman.

– Pauline Anderson

CultureLink: Stories of Friendship

When Heba Elshamy came to Canada from Egypt in 2006, she found the adjustment difficult. Home all day with a baby while her husband worked, the former teacher had no friends and knew nothing about resources like daycare.

In 2008, she enrolled in English language classes at CultureLink, a community-based organization serving immigrants and refugees in southwestern Toronto. Encouraged by her teacher, Elshamy applied to the Host program, which matches newcomers to established Canadians for six months.

She was paired with Amy Richards, also in her early 30s. Through Richards, she learned about Canadian culture and community services, as well as Mothercraft College, where she studied early childhood education on a scholarship. With coaching from Richards and support from Richards's family, Elshamy landed a full-time teaching assistant job with the Toronto school board.

"It was so helpful to meet Amy," says Elshamy. "She was an inspiration. She's my best friend now."

▶ CultureLink executive director Ibrahim Absiye

This is only one of CultureLink's many success stories since the Host program started 22 years ago. "It is the fastest program for integrating newcomers into Canadian society," says executive director Ibrahim Absiye. "They're getting information straight from the host. It also gives a lot of joy to the people who volunteer."

The Host program also matches families, and recently paired MP Gerard Kennedy and his family with Ukrainian newcomers as part of CultureLink's new community leaders campaign.

And there's more. There are also walking and biking groups, seniors aerobics classes, a seniors and youth garden program in partnership with The Stop Community Food Centre and an award-winning green initiative that encourages newcomers to maintain their bike-riding habits in Canada.

Says Absiye, who worked in business in his native Somalia and has been with CultureLink for three years: "I spent enough of my life looking for profit. I came to Canada wanting to do something different, something to help people. I sleep better at night now."

– Denise Barnard

Resources & Support

This past summer, 65 people boarded school buses for a day of sightseeing in Niagara Falls, Ont. This might not sound unusual, except that many of the women had never travelled outside of Scarborough before, says Dr. Kazi Sadrul Hoque, executive director at Settlement Assistance and Family Support Services (SAFSS), the organization that planned the trip. By all accounts, the women, who attend SAFSS support groups for domestic abuse survivors and isolated older Afghanis, had a great time.

With four locations in Scarborough and one in Markham, Ont., SAFSS offers a range of services for newcomers and refugees – English language education (with childcare), one-on-one counselling, cultural orientation, translation, employment and more.

Thanks to referrals from other agencies and an outreach program that targets malls, places of worship, libraries, community centres and apartment buildings, SAFSS had 15,000 clients last year. Almost half of them (from South Asian, Chinese, Afghani, Iranian, East African and European backgrounds) visited in person; the rest got help over the phone or via e-mail. Sixty per cent were women.

Says Dr. Hoque: "Programs like ours offer an opportunity to help people integrate into the Canadian mainstream and get acquainted with what they can do in a new country."

▶ Dr. Hoque receives Canada's Citizenship Award

KAZI ADNAN HOQUE

Dr. Hoque Honoured

On October 22, 2010, with his family looking on, Dr. Kazi Sadrul Hoque received Canada's Citizenship Award, which recognizes outstanding Canadians who have promoted citizenship and helped newcomers in their work and volunteering.

"I found satisfaction in helping others," says Dr. Hoque.

– Denise Barnard

Recipe for Community in Action

There's a lot going on in St. James Town this fall – and it's all good. Residents are planting bulbs together, renovating an outdoor basketball court, supporting a youth basketball leagues, and taking courses to build skills in carpentry, bicycle repair, first aid and CPR, and food handling. There's also a program for adults on how to start your own small business.

It's all part of Recipe for Community, a Toronto Community Foundation-led initiative that helps residents improve their professional and personal skills while helping to create a stronger sense of community overall.

St. James Town is a culturally-diverse community of more than 17,000 people in downtown Toronto. More than two-thirds of residents are newcomers to Canada; the neighbourhood is home to people representing over 25 different backgrounds.

The Recipe for Community initiative is a partnership with the City of Toronto's Office of Partnerships and Tower Renewal program, and has been supported by Maple Leaf Sports & Entertainment's Team Up Foundation and many others.

Here are some of the government and other organizations that help new Canadians to settle into their new lives in Toronto:

- **Settlement.org** www.settlement.org – provides information and resources for immigrants to Ontario (its First Days Guide is available in over 20 languages).
- **Toronto Region Immigrant Employment Council (TRIEC)** www.Thementoringpartnership.com – brings together recent skilled immigrants and established professionals in occupation-specific mentoring relationships.
- **Ontario Ministry of Citizen and Immigration** http://www.citizenship.gov.on.ca/english/newcomers/agencies.shtml – provides a comprehensive list of agencies that help newcomers to Toronto and region.
- **COSTI Immigrant Services** www.costi.org – provides employment, educational, settlement and social services.
- **Toronto Immigration and Settlement Web Portal** http://www.ontarioimmigration.ca/en/living/OI_HOW_LIVE_TORONTO.html – Provides information about living, working, studying and doing business in Toronto.
- **Skills for Change** www.skillsforchange.org – provides learning and training opportunities for immigrants and refugees.
- **CultureLink** www.culturelink.net – facilitates the settlement of newcomers to Toronto.
- **WoodGreen** www.woodgreen.com – helps immigrants and their families settle into their new lives in Canada.
- **The YMCA of Greater Toronto** http://ymcatoronto.org/en/newcomers/index.html – provides programs and services to help newcomers settle into their new lives in Canada.
- **Acces Employment** www.accestrain.com – helps job seekers from diverse backgrounds to find employment in Canada and integrate into the job market.

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HBO/THE ASSOCIATED PRESS

Mobster therapy

▶ In another case of life imitating art — Italian mobsters are now speaking to therapists about their problems, similar to the scenes made famous by HBO's Sopranos.

In real-life twist on Sopranos, some Italian mobsters work out their angst in therapy Snitches, nagging wives and bad hair among problems

The mafia boss was having a dreadful time dealing with loss. But he wasn't struggling with the loss of lives, or even the loss of his freedom.

"Doc, it's my hair," the mobster from the 'ndrangheta crime syndicate confessed to his psychiatrist in jail. "I'm afraid of losing my hair.

"And look at these spots on my arm. See them?" he half-pleaded as he rolled up a sleeve and thrust out his arm.

"But your hair is fine. Absolutely fine. And there aren't any spots," Dr. Gabriele Quattrone tried to reassure his patient — who had tied himself into a knot of anxiety over the hair he believed to be falling from his head and the imaginary blotches popping up all over his arms.

Quattrone is one of a tiny corps of psychotherapists who have treated Italian organized crime bosses or their family members.

Patients include dons haunted by nightmares, turncoats tormented after ratting, wives left frigid by rigid codes of loyalty. In exclusive interviews with The Associated Press, granted on condition that the identities of the mobsters not be revealed in line with doctor-patient confidentiality, the doctors offered rare insights into the secretive, increasingly strung-out world of Italy's centuries-old criminal organizations.

But seeking help is risky business: among mobsters, visiting a psychologist is a weakness you can pay for with your life. Palermo psychologist Girolamo Lo Verso recalled the case of a mobster's son who told another therapist at a public mental health facility: "'If my father knows I come here, he'll kill us."

"If you're a mafioso, and you're anxious, you're not trustworthy and you have to be eliminated," said Lo Verso. "A mafioso is paranoid about everything" — trusting the mafia code of silence ("omerta") more than the medical code of patient confidentiality.

The state's war on organized crime has put hundreds of bosses behind bars, sometimes for decades, sorely testing the mental health of spouses, children and sometimes the mobsters themselves.

THE ASSOCIATED PRESS

Mobster life

These are indeed tense times for Italy's mobsters.

▶ **Struggles** A growing police crackdown and a rebellion among businessmen expected to pay protection money have left some sons of organized crime families wrestling with self-doubt, unsure they are cut out for leadership in a life in the bloody, vengeful world of the mob.

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The Centre for Addiction and Mental Health is conducting a research study to measure the levels of brain dopamine neurons. This study will involve brain scans as well as behavioural assessments in Toronto.

ALL SUBJECTS MUST:

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- use Methamphetamine (25+ times in past 2 yrs, 1+ times in past month)
- not use cocaine, opiates or ecstasy
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- be medically fit
- able to provide a hair sample 2 inches in length to confirm methamphetamine use

If you are interested in being a participant, please contact Tina by
email at tina_mccluskey@camh.net
or by phone at 416-535-8501, ext. 624

camh

For more information on CAMH's services for mental illness or addiction problems, please visit: www.camh.net or contact CAMH at 416-535-8501.

High-blood pressure sufferers to see relief

A new healthy gene found that shows lower risks Disease could affect 1.5 billion people by 2025

▶ Researchers from 31 groups in 14 countries were involved in the new study that claims lowers the risk of high blood pressure and heart disease.

ANTHONY JOHNSTON
WELLNESS@METRONEWS.CA

A new healthy gene variant has been discovered by an international team of scientists, paving the way to new prevention and treatment for high blood pressure (hypertension).

Research led by the University of Glasgow and Istituto Auxologico Italiano of Milan identified the new gene they claim lowers the risk of high blood pressure and heart disease.

Individuals carrying this variant were found to have 15 per cent fewer heart-related ailments and deaths, scientists say.

The study, one of the largest ever carried out in this field of genetics, involved some 40,000 people across eight European countries.

The specific gene variant, found in chromosome 16 in human DNA, prevents hypertension through its control of uromodulin, a protein found in urine that deregulates blood pressure, the new findings say.

To identify which genetic variations play a part in a common disease such as hypertension, more than 500,000 variants were analyzed throughout the spectrum of the human genome.

The study was conducted as part of InGenious HyperCare, an EU-funded international collaboration involving 31 scientist groups from 14 countries, including Russia and China. Hypertension, or high blood pressure, is one of the leading risk factors for death worldwide; the condition increases hardening of the arteries, thus predis-

Free public forum

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Osteoporosis:
It can make – or break! – your quality of life 50+

Tuesday, November 9, 2010
7:00 – 8:30 p.m.
(Doors open at 6:30 p.m.)
Delta Meadowvale
Graydon Hall D, 6750 Mississauga Road, Mississauga

Wednesday, November 10, 2010
7:00 – 8:30 p.m.
(Doors open at 6:30 p.m.)
Holiday Inn Oshawa Whitby Conference Centre
Room Guild East and Centre, 1011 Bloor St. East, Oshawa

This information session is for all women who

… want practical tips about what they can do to ensure good bone health as they age
… are approaching, or in, the menopause transition and want to get the facts about the impact osteoporosis can have on their lives
… have already been diagnosed with osteoporosis and are looking for ways to manage their condition

Guest Speaker
Dr. Donna Fedorkow, MD, FRCSC, MSc
Associate Professor Obstetrics and Gynecology, Director Continuing Medical Education
McMaster University

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poses individuals to heart and kidney failure.

The numbers of adults with hypertension is expected to rise to 29.2 per cent of the world's population by 2025, which means 1.5 billion affected, according to a 2005 report published in highly respected journal The Lancet.

Thoughts on... Gratitude

Stay in the now

ADVICE Many of us are feeling nervous about the state of affairs in the world but this too shall pass. Being grateful for what you have in the moment, here and now, will help you weather the storm. If everyone around you can't stop talking about what is going on or what's going to happen — simply change the subject or walk away.

Gratitude is a powerful force. Everyday before you start your day, take a moment to be grateful for all things that you have currently in your life. Whenever you find yourself tempted to join the gloom talk just step back and say 'Thank You' for that which sustains you in these difficult times.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Top 4 desk culprits

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Your workday can be full of irritations. Here are some tips on tackling them.

1
Chair

If you're having problems with your posture, perhaps your office chair is wrong for you. Make sure it has a good backrest and is set to the correct height. You could also get an orthopedic chair to lessen feelings of discomfort or back pain.

2
Desk buddies

If the person beside you at work always offers candy and makes a point of sharing it, learn to politely refuse. Then grab an apple.

3
Computer screen

Staring at your computer screen all day long isn't thought to cause any long-term damage. However, the reflection from the screen and general fatigue can cause headaches or bleary eyes. Get up and walk around every hour.

4
Desk

The height of your desk could be wrong — together with your chair — which could lead to problems such as tendinitis (inflammation of the tendons in your wrist).

DEPRESSED?
You may be eligible to participate in a MEDICATION STUDY on depression if you are:
18 – 65 years old and currently depressed
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The See Change Project
The See Change Project at the Centre for Addiction and Mental Health (CAMH) is a research study of treatments for depression. Participants are offered 16 weeks of either antidepressant medication or cognitive behavioural therapy.
Symptoms of depression include: feelings of sadness, problems concentrating, difficulty sleeping, low motivation, loss of energy, loss of interest or pleasure, weight gain or loss, excessive feelings of guilt.
If you are between the ages of 18 and 65, think you may be depressed, and are willing to receive either medication or therapy for depression, you may be eligible to participate.
Please call us at 416 260-4199 or email us at seechange@camh.net to book a confidential interview.

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RUNNING OUT OF STEAM?
YOU MIGHT BE IRON-DEFICIENT!

The body uses dietary iron to transport vital oxygen to all its tissues. However, many people, especially women, children, elderly people and athletes, do not get enough iron to satisfy their needs. Are you finding it difficult to get through the day?

More common than you might think ...

Did you know that one woman in four is iron-deficient? Iron deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate. Other signs that your body's iron levels are too low include: dark circles under the eyes, headaches, pale skin and an increased need for sleep.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency – and you may not even be aware that your iron is low. Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.

Iron is essential

Since your body cannot produce iron by itself, you have to get it from your daily diet. Most of your iron goes to making hemoglobin – the colouring substance of red blood cells. Iron is essential for the transportation of oxygen in the body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body.

The natural solution!

Floradix, a plant-based liquid iron supplement, may help to improve your iron levels. Floradix is easily absorbed by the body, has no harmful effects on the digestive tract and offers positive results. Made from highly soluble iron gluconate, as well as whole foods and co-factor vitamins, Floradix is highly absorbable and quickly replenishes iron levels, which helps to restore vitality! Today, Floradix is highly recommended by health care professionals because it is easy on the digestive tract as well.

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Are you iron-deficient?

- ❑ Do you often feel listless, weak or irritable?
- ❑ Do you look pale, lack appetite or feel tired?
- ❑ Are you often cold or chilly?
- ❑ Do you have brittle hair and nails?
- ❑ Are you pregnant or nursing or planning to become pregnant?
- ❑ Have you lost a lot of blood (e.g. from surgery, injury or donating blood)?
- ❑ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron-deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test, the most sensitive measurement of iron stores in your blood.

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LINO RAGNO/SUBMITTED

▶ Guests checking out the works in the 2009 Whodunit Emerging Artists Live Auction.

Mystery art makes buyers say Whodunit?

Art sale features anonymous artwork by established and emerging artists mixed together

RAF BRUSILOW
FOR METRO TORONTO

Pick with your eyes alone and you might score a great deal at OCAD University's Whodunit? Mystery Art Sale.

The sale attracts art lovers to buy 5 1/2" by 7 1/2" artworks by famous and not-yet famous current artists without knowing in advance who created each piece of art.

Art pieces are priced uniformly at $75 each with the artist's signature only visible on the rear of each piece once it's sold.

Free public previews will take place online and on-site from Nov. 17-19 with the free-admission public art sale taking place Nov. 20 from 10 a.m. to 4 p.m. at OCAD.

OCAD curatorial committee chair Wil Kucey says the sale's charm lies in its focus on artistic content rather than the individual reputations of artists themselves. He says artists like famed watercolour painter Mary Pratt participate because they relish the challenge.

"People love the fact that you can have a piece that might be normally valued at more than $1,000 for only $75. That reveal once you turn the piece over can be a really exciting moment."
WIL KUCEY, OCAD CURATORIAL COMMITTEE CHAIR

"The art world can be an intimidating place and seeing all of the works together is a very democratic way of levelling the playing field, it collapses the old hierarchy. For the artists who participate is really challenges them to prove themselves in a much smaller scale than they might be used to," Kucey said.

Along with Pratt, more than 1400 submissions will be on display by artists like Will Alsop, Margaret Atwood and Lynne Heller.

"People love the fact that you can have a piece that might be normally valued at more than $1,000 for only $75. That reveal once you turn the piece over and see the signature can be a really exciting moment," Kucey said.

A gala auction

Along with its annual Whodunit? sale, OCAD will feature a special gala auction celebrating the artistic work of emerging artists who are exclusively OCAD graduates.

Roughly 1,000 artworks are expected to go on sale at the Emerging Artists Live Auction held on Nov. 17 from 8 p.m. with a preview starting at 6:30 p.m. Tickets to the gala event are $150.

For more information about the Emerging Artists Live Auction and the Whodunit? Mystery Art Sale, visit whodunit.ocad.ca .

Below, a selection of the 2010 art.

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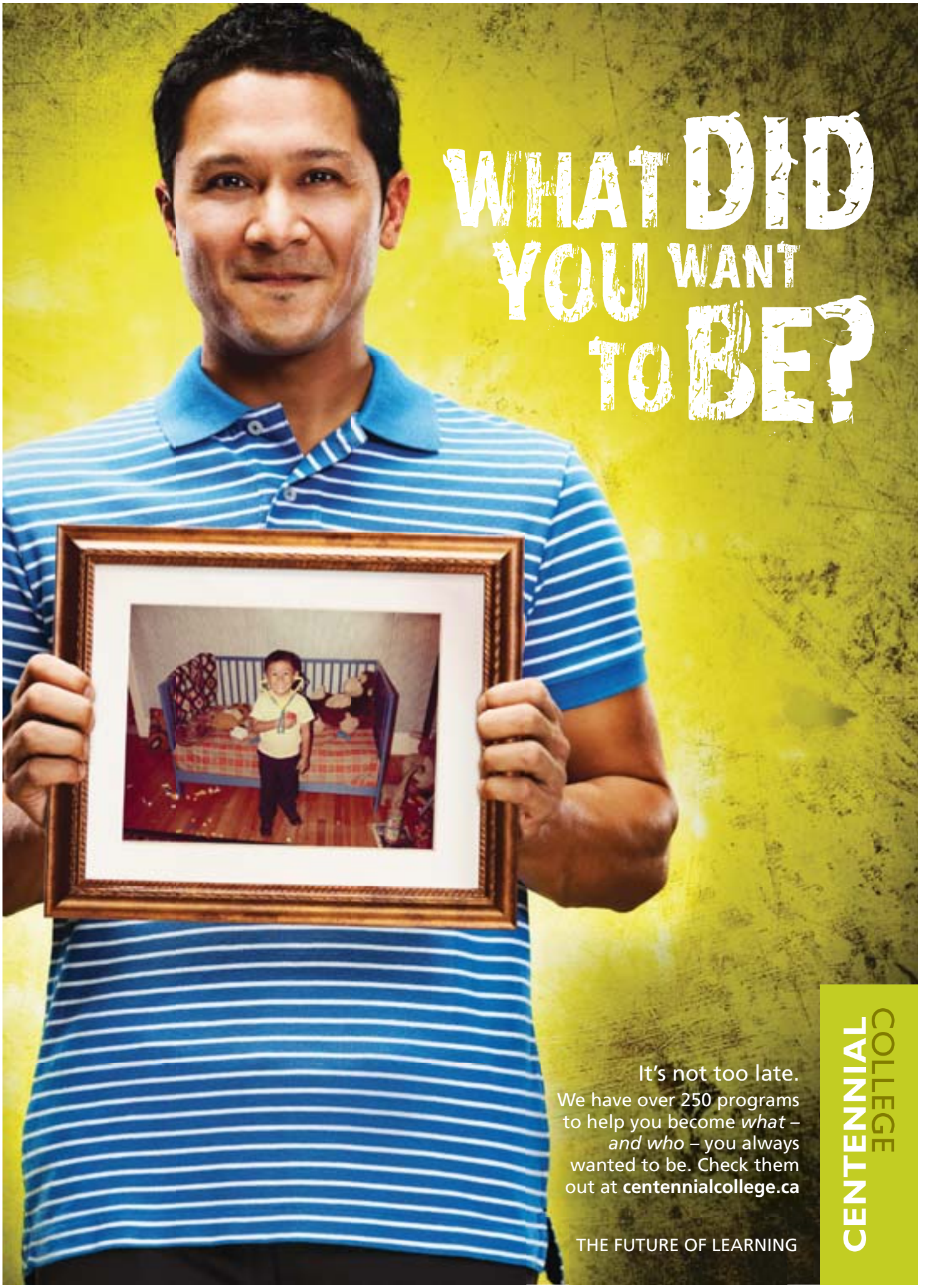
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Expo-nential

The International Student Expo bridges the divide between Canadian schools and foreign students

JORDANA DIVON
FOR METRO TORONTO

Navigating the bounty of rules and paperwork necessary for a post-secondary education can be a huge task for anyone.

So just imagine trying to get into the right Canadian college or university from overseas.

The International Student Expo hopes to alleviate some of the obstacles faced by potential students who may be daunted by the process of applying to study in Canada.

"Canada has a huge international student population that needs special requirements," says Maria Clara Tamayo, one of the expo co-ordinators. "So we decided to create an opportunity for these students — and for new immigrants — to meet the right people who can guide them and give them the advice they need."

This year's program will be held in both Toronto and Vancouver, and will feature university and college representatives from more than 40 schools and seven provinces.

In addition, government delegates will be on hand to answer questions about visa applications, immigration requirements, and the resources available to incoming international students.

"The biggest advantage of the expo is that students will be able to compare all

Expo

- The International Student Expo 2010 runs from November 11 to 12 at the Metro Toronto Convention Centre between 11 a.m. and 5 p.m.
- Admission is free by pre-registering at istudentexpo.ca.

opportunity

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▶ This year's International Student Expo will host more than 40 different schools representing seven provinces.

the schools participating in one place, instead of looking on the Internet or maybe only getting to visit a small handful of universities," says Tamayo.

"Also, these students can see options from all over Canada. So maybe if they were in Toronto, they were only thinking of studying in Toronto, but with representatives from other provinces, they may discover the desire to study elsewhere."

Questions answered

This year's Expo offers more than making the right connections. Participants are encouraged to attend a series of 40-minute seminars offered by various provinces, institutions and service providers. Some of the key questions that will be answered include:

- What are the different types of courses and degrees available?
- What is the difference between a Canadian college and university?
- How much will it cost to study in Canada and how much should I budget for expenses?
- Are there any scholarships or loans available?
- Which is the right university or college for me?

JORDANA DIVON

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CENTENNIAL COLLEGE

Love at first sight

International student Miroslava Zegarra reveals why Toronto was her first choice for school

AS TOLD TO JORDANA DIVON
FOR METRO TORONTO

I came (to Toronto) for the first time during my last year of high school to practice my English. I was a little scared to talk in English, but I loved it here. It was so much fun!

After high school, my parents wanted me to try the U.S. for six months to see if I liked it there, so I went to Boston. I don't want to say Boston was boring, but I liked Toronto so much better.

Unfortunately, I applied to U of T a bit late. I didn't get in that time, and I was so sad. I ended up going to the University of Washington, but I missed Toronto. My dad told me, OK, if you don't like the University of Washington you can transfer next year, because you want to be in a place you feel good since you're so far from your family.

I reapplied after three months, and received my acceptance to U of T. I was so happy! Now I'm in the life sciences program and my goal is to go to dental school.

I remember when I was in Washington, I was walking around with my pepper spray, but here I feel so safe, and the people here are so friendly.

For me it was easier to make friends here because there are so many international students, so there are a lot of people who understand my situation that I'm so far from Bolivia. We understand each other.

Generally when I ask people what their first impression of Toronto is, they don't really like it the first month or two, but then they fall in love with the city. For me it was the first day and I was like, Wow this is so great!

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▶ Bolivia native Miroslava Zegarra says she fell in love with Toronto right away, and hopes to make it her home after graduation.

Feels like home

Toronto ranks as one of the top choices for international students due to its diverse population, high quality education, and cultural variety. In fact, Toronto has been named the world's most multicultural city by the United Nations Development Program. Some of the features that international students highlight as integral in their choice to study here include:

- Cultural festivals: ranging from the Toronto International Jazz Festival to summer street festivals representing a spectrum of communities.
- Restaurants: Sampling cuisines from any country you can imagine.
- Volunteer opportunities: The chance to practice English, get involved, and make a difference through a host of sponsored volunteer programs.

JORDANA DIVON

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Smooth operator

Canadian schools offer a number of resources to help international students make an easy transition

You don't get by on reputation alone: Canada's plethora of resources for international students is renowned for making the move to their new city seamless and enjoyable.

"We have a very comprehensive support system, which assists our international students in making a smooth transition to the new Canadian academic environment," says Diana Ning, coordinator of International Services for Students at Ryerson University.

"Our international orientation program includes a series of seminars, training, city tour, and a very special welcome party for the students on behalf of the university, which was attended this year by Mayor David Miller," she says.

Because most of the resources available to students come from their respective schools, many of the programs are tailored to meet the students' specific needs.

Ning, a former international student herself, says her job is to anticipate the concerns of the school's 1,300 international students and design programs to best assist them, particularly in light of tougher economic times.

"We have now a work/study program encouraging campus employers to give international students jobs, because they are not eligible for OSAP," says Ning. "We also have training workshops covering practical topics from academic skills, career strategies, learning about the Canadian taxation system, health advice, learning how to cope with Canadian environment: What to wear, what to eat, insurance issues, safety issues; whatever little — or big — things that may come up."

Most important, perhaps, is peer-to-peer interaction. Ning stresses that students learn best from their peers, and the school tries to match newcomers with senior students from their own cultures in order to make them feel more comfortable at the outset.

"When you come to a new country, your natural instinct would be to seek someone similar to you, who understands you and who will share their experience about how they went through these challenges," she says. "So here you have a large network of support on a daily basis, covering academic needs and social transition needs as well."

A broader list of resources offered by Canadian schools can often be found on their individual websites, or by calling their international departments directly.

JORDANA DIVON/ FOR METRO TORONTO

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Get Smart
JACQUELINE HANSEN
FOR METRO TORONTO

FINDING BALANCE FROM STRESS

Stefani Chan knows the affects of stress all too well. After completing a demanding bachelor's degree she moved to New York to begin a career in hi-tech marketing. But by her mid-twenties, she was forced to take a step back and re-evaluate the "extremely stressful" life she was leading. "At that point in my life my health wasn't a concern, my career was a concern," reflected Chan, "I neglected my health and became really, really sick."

Leaving marketing behind her, Chan is now a yoga instructor, and meets many people in search of finding balance from the stress in their lives.

Chan recommends post-secondary students focus on good nutrition, physical activity, and cultivating awareness that "our thoughts affect our physical body."

"Students are moving into a new phase in their life," encourages Chan, "it's the perfect time for them to start to pay attention to their own mental and physical well being."

The demands of university and life will continue, but students can make choices as to how they deal with the stress. Chan points out that it wasn't her job that made her ill, "It was how I was reacting to the burden of the work and how I was reacting to the stress. I didn't have the mental or physical tools to help me to deal with it. Looking back, I wish I did, because it would've helped so much."

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Chefs and the city

It started as a spoof, but three Toronto chefs have found their niche on Citytv

A spoof of the Iron Chef television series starring three Canadian chefs has evolved into a wildly popular weekly culinary show.

The chefs, Michael Bonacini, Massimo Capra and Jason Parsons, bring a rare chemistry to their tasks, says their producer on Citytv's CityLine.

"It used to be whenever you had a chef on TV you usually had a snooty and above-everybody type of person," says Chrissie Rejman, who has worked at the Toronto Citytv station since 1973.

"But here we have three high-profile chefs without a pinch of arrogance, silliness or bravado," she adds.

The three also have a new book out entitled 3 Chefs: The Kitchen Men (Whitecap Books). Like the authors, the cookbook reflects their different backgrounds, culinary styles and witty rapport.

Besides having a good time both in front of and away from the camera, the three friends come from distinct corners of the world.

Bonacini, 51, is from Wales, Capra, 50, hails from Cremona, Italy, and Parsons, at 39 the "young buck," is from England.

Bonacini is co-owner of Oliver & Bonacini, with restaurants in Toronto, Oakville and Collingwood, Ont.

Capra, a chef host on the series "Restaurant Makeover," also co-owns Mistura Restaurant and Sopra Upper Lounge in Toronto.

Parsons is executive chef at Peller Estates Winery in Niagara-on-the-Lake, Ont.

THE CANADIAN PRESS

▶ From left, Michael Bonacini, Massimo Capra and Jason Parson. The three CityLine chefs have a new cookbooks out.

"The chemistry among the three is unlike anything else"
CHRISSIE REJMAN, CITYTV

"What makes the show work for the three of us is that we all feel comfortable in our skin," says the ebullient Capra, "We are not competing against each other. We are simply having a good time."

Parsons says he believes that "we really genuinely enjoy each other's company."

"Massimo entertains us with stories forever, while Michael keeps us in check," he says.

Bonacini admits to having butterflies in his stomach before each show.

"I think the day I lose that I should hang up my apron. I also tend to be the quiet one and am the gel between Jason and Massimo to keep things going smoothly."

Bonacini got his early start working at the famous Dorchester Hotel in London, where he stayed for 10 years. In 1985 he arrived and settled in Toronto.

After culinary training in Italy, Capra came to Canada in 1984 and went to work in his uncle's restaurant in Toronto.

Parsons had a very different start to his cooking career. Having moved to Canada with his parents, he took a job just before his 14th birthday in a roadhouse in southwestern Ontario washing glasses in the bar.

Later, after culinary school, he apprenticed for a chef's position at award-winning Langdon Hall in Cambridge, Ont. "I graduated from high school and culinary school and completed a full apprenticeship and received my chef's papers," he says.

CityLine airs on Citytv stations in Toronto, Vancouver, Winnipeg, Calgary and Edmonton. Check local listings for times.

THE CANADIAN PRESS

Whisky means more than Scotch

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Mention whisky in Canada and most thoughts turn immediately to Canadian, Scottish or even Irish versions, but in the last few years American whisky has made some major inroads into our fair country.

Bourbon is hands-down their most famous type. Originating in Kentucky, bourbon can actually be produced in any U.S. state as long as it meets certain criteria: especially that it be made with at least 51 percent corn.

Of all of America's mainstream bourbons Maker's Mark ($37.95 – $39.99) has carved out a nice niche with its rich flavour profile and distinctive package that features a unique square-bottomed bottle and groovy red latex-dipped cap sealant.

With exotic tropical aromatics and a well-wooded, caramel-meets-barrel char mouth feel it's an ideal introduction to the what American whisky has to offer whether on its own, over ice or with a dash of spring water.

Prices reflect the range across the country. Some products may not be available in all provinces.

SAVOUR THE JOURNEY

Variations on dinner

Rice and pasta help to make suppers fast and easy. Lots of veggies make these dishes nutritious.

▶ Skillet Steak & Corn

Preparation:

1. In a large skillet, cook steak, onion and thyme over medium-high heat in oil until meat is no longer pink; drain. Add wine; simmer, uncovered, for 10 minutes or until liquid has evaporated.
2. Stir in tomatoes; cover and simmer 15 minutes longer. Add corn and heat through. Serve with rice.

Ingredients :

- 500 g boneless beef top round steak, cut into strips
- 1 medium onion, cut into 1/4-inch wedges
- 1/2 tsp dried thyme
- 2 tbsp vegetable oil
- 3/4 cup red wine or beef broth
- 398 mL can diced tomatoes, undrained
- 2 x 284 mL cans corn niblets, drained
- Hot cooked rice

▶ Peanut Chicken Stir-fry

Preparation:

1. In small bowl, combine 1/2 cup water, peanut butter, soy sauce and brown sugar until smooth; set aside. In skillet or wok, stir-fry garlic in oil 30 seconds. Add chicken; stir-fry 5 minutes or until no longer pink. Add broccoli; stir-fry for 5 minutes.
2. Stir in peanut butter mixture; cook and stir 2-3 minutes or until sauce is smooth and broccoli is crisp-tender. Combine cornstarch and remaining water until smooth; gradually add to skillet. Bring to boil; cook and stir for 2 minutes or until thickened. Serve with rice or noodles.

Ingredients :

- 1/2 cup plus 1 tbsp water, divided
- 1/4 cup peanut butter
- 3 tbsp soy sauce
- 1 tbsp brown sugar
- 2 to 3 garlic cloves, minced
- 2 tbsp canola oil
- 500 g boneless skinless chicken breasts, cubed
- 3 cups fresh broccoli florets
- 1 tbsp cornstarch
- Hot cooked rice or noodles

READER'S DIGEST

Preparation:

1. Cook fettuccine according to package directions. Meanwhile, in large pot, bring water and broccoli to boil. Reduce heat; cover and simmer 4-6 minutes or until crisp-tender. Drain.
2. In large pot, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in milk. Bring to boil; cook and stir 2 minutes or until thickened. Remove from heat; stir in Parmesan cheese and broccoli.
3. Drain fettuccine; top with broccoli mixture.

Ingredients :

- 1 package fettuccine
- 1 cup chopped fresh or frozen broccoli
- 3 tbsp butter
- 1 tbsp all-purpose flour
- 2/3 cup milk
- 1/4 cup grated Parmesan cheese

▶ Broccoli Fettuccine Alfredo

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QUICK CHATS LED TO LOVE

Names: Shannon, 25, and Andy, 38

Hometown: Toronto

Together since: 2009

Their story:

How We Met: Shannon & Andy

"Andy and I (Shannon) met when I started a new job at a medical office — he was the Purolator guy.

"One day, Andy came into the office with a package I was expecting — I had ordered something from a motorcycle shop. Being a rider himself, he recognized the name of the store and was very curious about the contents. Having discovered our joint passion for motorcycles, our conversations became more frequent. Andy would even stop into the office empty handed just for a quick chat.

"About two years later, we had our first date — on a motorcycle, of course! We went for a beautiful summer ride and rode by the waterfront in Port Perry, Ont. It was there — 36 minutes into our first date — that I knew he was "the one." I asked him to marry me. He said yes and kept me waiting (im)patiently for him to surprise me with a proper proposal. Andy finally proposed in January 2010, at the same place in Port Perry where I had asked him to marry me. After some drama, a bit of stress and a wedding venue cancellation, we finally tied the knot in September 2010 in Toronto."

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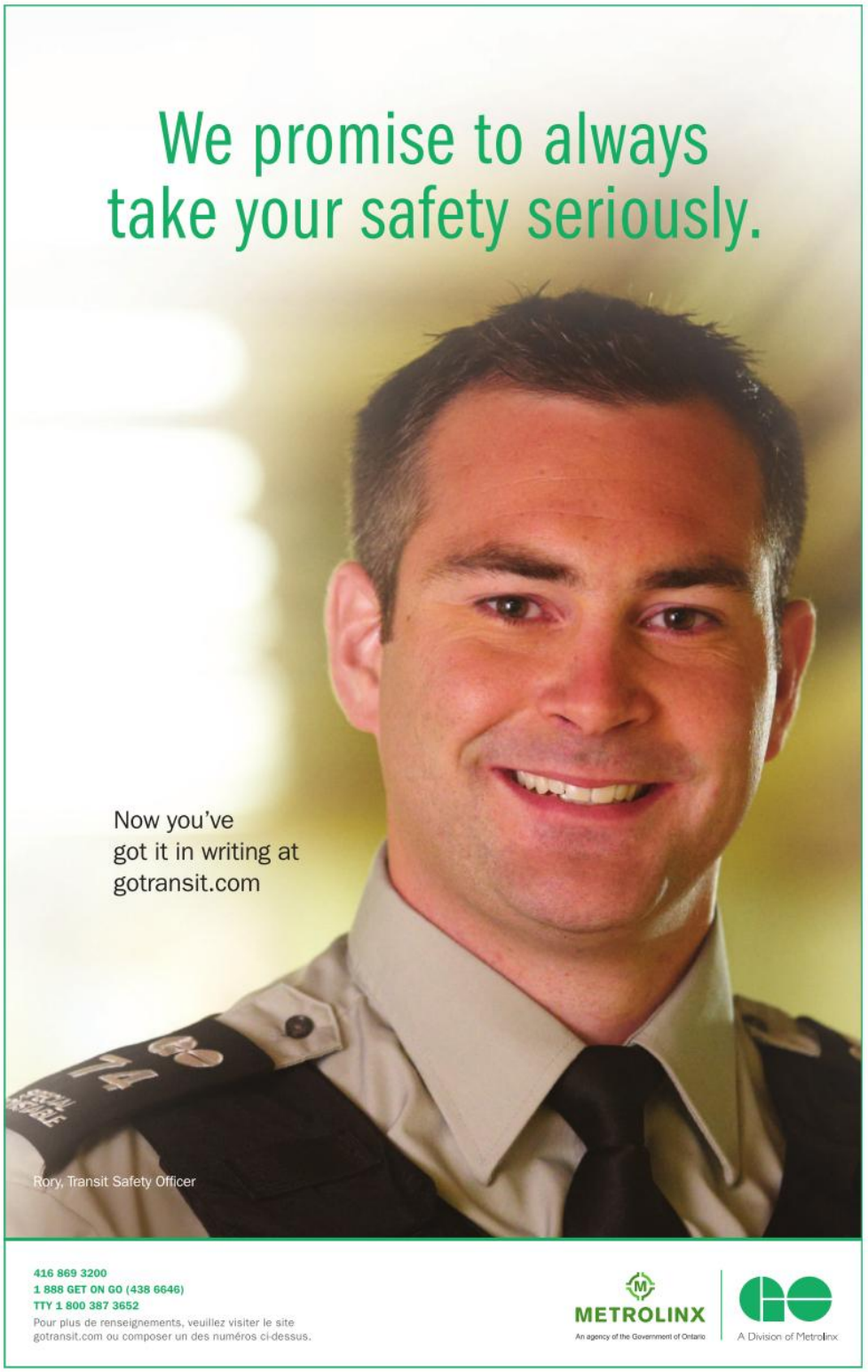

STOP THE MESS!

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

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My husband never cleans up after himself. I'm sick of being his maid! How do I make this stop?

Angela says...

Have you asked him directly, or are you expecting him to suddenly notice that he should do it? The direct approach always seems to work better with the male species. Dividing the work is also key. In our house, one person makes dinner, and the other cleans up. Works brilliantly. It's often a race to be the first one home after work. And in the interest of full disclosure, we have a cleaning person who comes every two weeks, thus avoiding the "who's turn is it to clean the bathroom" discussion.

Derek says...

Are we talking about a messy desk and pile of clothes, or is this crusty dishes under the sofa? While there's no excuse for an adult man to neglect cleanliness to the point of allowing bacteria cultures to grow in the living room, you might be faced with an incurable condition at this point. In which case, you should invest in a hazmat suit and industrial cleaning service. But if he's an average sloppy guy, start small: Ask him to make the bed and throw in a load of laundry once a week. Build from there. Reward him with a bottle of 12-year-old Macallan scotch.

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THINK TWICE BEFORE USING RRSP FUNDS

There are two ways to borrow from your RRSP. First is through the RRSP Home Buyers' Plan, for first-time home buyers, and second is through the Lifelong Learning Plan, for educational expenses. These Canada Revenue Agency programs allow you to withdraw funds without a tax penalty. If you 'borrow' outside these programs before retirement to pay for a trip or a car, the withdrawal is considered income in the year you received the funds and you'll pay hefty taxes.

The RRSP Home Buyers' Plan allows you to borrow up to $25,000 tax-free from your RRSP (it can't be locked-in) to put toward a down payment for your primary residence.

The Lifelong Learning Plan (LLP) allows you to withdraw up to $20,000 from your RRSPs to finance training or education for you, your spouse, or your common-law partner. Check out the Canada Revenue Agency website for more information (cra.gc.ca).

These plans make sense for some people, but there are drawbacks. First, when you take money out of your RRSP, you lose the power of compounded interest and re-invested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns

Second, when you repay those borrowed funds each year, you don't get any tax write-offs on those repayments because they aren't considered RRSP contributions; it's not new money. Third, if you can't repay the minimum amount, you'll be taxed on the difference between what you still owe and what you paid.

Don't go in debt to pay for gifts, start saving

Simple ways to cut expenses from now until Christmas that will help ease the cost of gift buying No need to be a Scrooge if you start saving now

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Keep your holiday gift debt to a minimum by building up a cash cushion now.

How would you like to have no holiday gift debt? Zero. None. Not a dime. Here's how.

According to a moneyville.ca on-line poll the average holiday gift tab will be just over $600 this year. And it will all be spent during the seven weeks between now and Christmas.

With a little bit of belt tightening you will have the cash for holiday presents and no nasty credit card bill in the New Year.

Holiday gift buying can get pricey so start saving up now.

1 Brown bag it. I know you've heard this one before but it really does work. Cut out three lunches a week at $6 a pop. Saved: $126.

2 Can the take out coffee\tea\latte\cappuccino\donut. This is another money saving nag but, as with the brown bag, it really works and once you get used to it the pain of deprivation disappears. Saved: $100 (based on a medium coffee and donut once a day)

3 Scissors and Comb. I've been cutting my husband's hair for 30 years. I also cut my two daughters' hair and now my wiggly grandson. I figure I've saved thousands and one of these days they're going to get an invoice. Cut out one haircut per family member between now and December 25. Saved: $100 (1 adult, 2 children)

4 Do your own. Maybe not your hair! But manicures and pedicures are actually quite relaxing and fun to do on a cold winter evening. Saved: $50

5 Eat In. You can do it! Try to make it to Christmas without eating out at night. Saved: $225. (assuming you would normally eat out three times between now and December 25.)

Total Savings: $601

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▶ Small business owners have a number of options when choosing their company insurance.

Make the most of your coverage

Insurance tips for small business owners ◗ There are a number of options available for entrepreneurs

The entrepreneurial spirit is alive and well in many small business owners. And while most of the "i's" have been dotted and the "t's" have been crossed, many otherwise astute and detail-oriented company owners pay little mind to one of the most important aspects of a successful business: Insurance.

"Having the correct insurance coverage for your company is critical to the operation of a sound business," says Shelley Toyota, Director, Commercial SME, RSA Canada.

"By engaging the services of a broker that specializes in coverage for entrepreneurs, small and medium sized businesses will be able to operate with confidence knowing that they have protection in the event of an unfortunate occurrence."

"The right insurance policy can provide the piece of mind that most entrepreneurs seek." SHELLEY TOYOTA

Obtaining some insurance coverage may be obvious to most entrepreneurs, yet there are a number of options available for business owners who want to ensure they have the most comprehensive protection as possible. Coverage options that a small business owner may not consider include Business Interruption, which covers owners from losses related to a temporary shut-down, and Crime and Fidelity insurance, protecting organizations from loss of money, securities, or inventory resulting from various crimes such as forgery, robbery and computer fraud.

RSA offers the following tips that small businesses should consider when shopping for the right insurance:

- Don't be casual about your property: Make sure your policy provides you with comprehensive Property Casualty coverage that protects you in the event of any damage to company property, including fire, smoke, storms, civil disobedience and vandalism.
- Ensure a safe getaway: Whether you have two vehicles or 20, having a policy that is customized to your fleet will assure that accidents will not result in damage to your bottom line. NEWS CANADA

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Ontario marks public accounting milestone

Aspiring professionals can pursue a career knowing they will be able to offer a full range of public accounting services

After decades of campaigning for professional equity in public accounting, the Certified General Accountants of Ontario has been granted the authority to license CGAs as public accounting — a historical milestone in the province of Ontario bringing about more choice for businesses, accounting and finance professionals and students.

"Our authorization to issue public accounting licences speaks to the professional expertise and skill that CGAs bring to their work in all sectors of the economy and to the rigour of the professional requirements that they must meet," said Doug Brooks, FCGA, CGA Ontario's chief executive officer.

Twenty thousand CGAs work in every sector of the Ontario economy — from academia to business, commerce, government and not-for-profits. Public accounting is just one field in the accounting profession but, arguably, it is also the most visible to the business community and to the public.

"We're proud of this tremendous accomplishment," says the chair of CGA Ontario's board of directors, Frank Mensink, FCGA. "The fact that CGAs are now entitled to fully practise in whatever segment of the profession they choose is a significant moment in our history, one that will benefit the province of Ontario."

▶ More than 20,000 Certified General Accountants work in Ontario.

Aspiring accounting and finance professionals and students in the CGA program of professional studies can now pursue a career in professional practice with the knowledge that they can offer a full range of public accounting services to their clientele.

"The Association has worked hard to bring reforms to the regulation of public accounting in Ontario that are in the public interest. This is a positive and welcome development for the public, the business community and the accounting profession," said Terry LeBlanc, chair of CGA Canada.

CGA Ontario is now the only other accounting body in Ontario authorized to license its members to practise public accounting. The Association continues to build on its strengths and to explore new opportunities for CGAs, while working with the other accounting bodies on public policy and standard setting, both nationally and internationally. **NEWS CANADA**

The CGA's 'Do More' designation

The Certified General Accountants of Ontario has launched its 'Do More' recruitment website cgadomore.org reaching out to post secondary school students in Ontario who are considering a career in accounting and finance.

The objective of this interactive website, developed by GRIP Limited, is to deliver a "Do More" message that the CGA designation enables people with the opportunity to do more with their careers and within the organizations that they work for. It features unscripted testimonials from students in the CGA program of professional studies defining the benefits of becoming a certified general accountant and all that the designation brings to their life, career and profession.

With $41,840 worth of giveaway prizes, the new website offers monthly prizes of $2,500 scholarships, three Do More credits valued at $660 each and two additional credits of $375, for a period of eight months, for the CGA program of professional studies. The more visitors participate, the more chances they have to win.

"We are very excited to present this website to students in response to their need for more information about the CGA designation and why it could be the right choice for them. The content speaks to what a certified general accountant does, the benefits of earning the CGA designation, and how to enrol in the program of studies," said Delmarie Scherloski, vice-president, marketing and communications, CGA Ontario. "If you want a rewarding career in accounting that goes beyond audit and tax, the CGA designation can take you there." **NEWS CANADA**

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Blue Jays' coaching staff set — for now

Top catching prospect J.P. Arencibia can expect to see a whole lot of Don Wakamatsu next season, provided the Toronto Blue Jays' new bench coach isn't lured away by the New York Mets first.

Wakamatsu is one of three new additions named to manager John Farrell's staff yesterday, joining Torey Lovullo and Pat Hentgen along with returnees Dwayne Murphy, Brian Butterfield and Bruce Walton.

The hirings settled the club's coaching situation, but only for the moment, as the former Seattle Mariners skip is scheduled to interview for the Mets' managerial opening this week.

Should New York not end up hiring Wakamatsu, Farrell plans to have the longtime catcher guide Arencibia's development behind the plate, and organize the nitty-gritty of spring camp.

Wakamatsu, fired by Seattle in August, also interviewed for the Blue Jays opening that went to Farrell but impressed GM Alex Anthopoulos enough that he became a candidate for the bench coach's job.

Farrell sought three qualities in his coaches — they be good communicators and teachers; have a strong knowledge base in their area of expertise; and be available to players all day during the season — and Wakamatsu checked in on all three.

THE CANADIAN PRESS

OTTO GREULE JR/GETTY IMAGES

▶ Wakamatsu

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Leandro Barbosa tries to muscle his way past Golden State's Andris Biedrins and Brandan Wright last night.

Raptors lose fifth straight

Golden State's Curry and Ellis lead the way as Warriors build early lead, then hang on for win Jack was leading scorer for Toronto with 24

Stephen Curry had 34 points and Monta Ellis added 28 as the Golden State Warriors defeated Toronto 109-102 last night to hand the Raptors their fifth straight loss.

Guard Jarrett Jack led the Raptors (1-6) with 24 points and Linas Kleiza had 20, as the Raptors made a late surge to make the score closer for the Air Canada Centre crowd of 14,127.

109	102
WARRIORS	RAPTORS

The Raptors entered the fourth quarter trailing by 12. But when Sonny Weems made a driving layup with 1:18 left it cut the Warriors' lead to 107-102.

Ellis, the NBA's leading scorer, fell heavily after a collision under Toronto's basket late in the fourth quarter. He remained down for several minutes before being helped up and walking slowly to the locker room.

Weems and Amir Johnson each finished with 12 points off the bench. David Lee chipped in 14 for Golden State with 12 rebounds.

The Raptors had been pecking away at the lead all quarter. They had come back to within eight points of the Warriors (5-2) on a layup by Weems off a fast break with 8:35 left to play.

Kleiza pulled the Raptors to within six with a hook shot after Golden State failed to score, then Johnson's dunk cut the lead to four and completed a 12-point Raptors run.

THE CANADIAN PRESS

4 sports

Quoted

"I recognized that after the game we just weren't playing winning football and our best chance was to make a change. We are grateful to Wade and his contribution to the Cowboys, leading us."

COWBOYS OWNER JERRY JONES ON FIRING COACH WADE PHILLIPS YESTERDAY. OFFENSIVE CO-ORDINATOR JASON GARRETT WILL TAKE PHILLIPS'S PLACE ON AN INTERIM BASIS WITH THE 1-7 TEAM.

Headline grabbers

Any NFL season has its plots and subplots, but this fall's storylines have ranged from unsettling to bizarre to bewildering

GETTY IMAGES

1. ROETHLISBERGER RETURNS

The two-time Super Bowl-winning quarterback was suspended from the Pittsburgh Steelers for six games in April by NFL commissioner Roger Goodell following allegations that Roethlisberger sexually assaulted a Georgia college student in March. The case brought no criminal charges against him, and Roethlisberger proclaimed his innocence.

Just before the season, Goodell shortened Roethlisberger's ban to four games, citing the quarterback's new commitment to making good decisions.

Before the season, the common wisdom was that the Steelers would be lucky to be 2-2 when he returned. Surprise, surprise. Pittsburgh went an impressive 3-1 without its No. 1 QB and currently looks as strong as any team.

2. FAVRE'S FIASCOES

First, there were three Vikings players being dispatched to Mississippi during training camp to recruit Favre. They succeeded, and he returned to Minnesota for his 20th season in the league and second with the team.

Next, the Vikes plummeted toward the bottom of the standings while Favre searched for a deep threat with WR Sidney Rice sidelined. Then came a Deadspin report that Favre, while playing for the Jets in 2008, sent lewd photos and inappropriate text messages to Jenn Sterger, a game hostess for the team.

Enough? Hardly.

Already bothered by tendinitis in his right elbow, Favre then sustained two fractures in his left foot against his other former team, the Packers. That led to a week of speculation whether he could play at New England and extend his incredible record of consecutive starts to 292. He played, of course — only to leave midway through the fourth quarter with a gash in his chin that required 10 stitches.

3. SIT DOWN DONOVAN

In the final two minutes of their loss at Detroit, the Redskins benched Donovan McNabb, the six-time Pro Bowl quarterback they paid dearly to acquire from Philadelphia in the off-season.

Coach Mike Shanahan said immediately after the game that backup Rex Grossman had a better understanding of the two-minute offence. The following day, the coach changed his explanation to nagging hamstring injuries that kept McNabb from practising at full speed and created doubts about his "cardiovascular endurance."

Left unanswered: How do you bench anyone for Rex Grossman?

Had previous coach Jim Zorn pulled such a move — yanking a six-time Pro Bowl quarterback for unimpressive Grossman with the game on the line against a one-win Detroit team — owner Dan Snyder probably would have moved even more quickly to hire a consultant out of Bingo-calling retirement to oversee the head coach's work.

4. WHERE'S RANDY?

For now, Randy Moss is in Tennessee. He began the season with New England, for which he was more decoy than dominator, making only nine receptions. The Vikings coughed up a third-round draft pick and traded for him, but all they seemingly got was his lanky frame.

Moss's heart and soul weren't in it — even Favre admitted Moss didn't go hard on every down. Moss apparently even said he wouldn't feed his dog the food a caterer supplied last Friday after Minnesota's practice.

Then, Moss's soliloquy of praise for the Patriots and Bill Belichick while criticizing Vikings coaches after Minnesota's loss on Oct. 31 led coach Brad Childress to waive Moss two days later.

THE ASSOCIATED PRESS

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Lee not in any rush to sign

Cliff Lee will be taking a slow approach to free agency.

"We're just gathering information. That's always the early stages of this process," agent Darek Braunecker said yesterday, a day after the former AL Cy Young Award winner became a free agent.

Lee is being pursued by the New York Yankees and also is wanted back by the Texas Rangers, who acquired him from Seattle in July. The 32-year-old lefthander was a combined 12-9 with a 3.18 ERA for the Mariners and Rangers, striking out 185 and walking 18 in 212⅓ innings.

He was 7-0 with a 1.26 ERA in eight career postseason starts before losing to San Francisco in Games 1 and 5 of the World Series.

"This one certainly is a little bit unique in that he's clearly the best player on the free-agent market and not a lot of other things are going to impact our position on Cliff," Braunecker said. Lee was with Cleveland from 2002 until he was traded to Philadelphia in 2009, and is friends with Yankees pitcher CC Sabathia. Because he's familiar with most, if not all, major league cities, Lee has little need to tour his suitors.

"We're going to take it on kind of a team-by-team, case-by-case basis. I don't expect Cliff to be flying all over the country," Braunecker said. "We're really in just the infancy stages of it all. We don't really ever handicap the timing of any of this stuff. We believe that when the right deal presents itself, we'll be prepared to act. And when that might be, that's anybody's guess at this point."

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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	14	10	4	0	0	47	34	20	7-1-0-0	3-3-0-0	7-3-0-0	W4
d-Philadelphia	15	9	4	2	0	45	34	20	6-3-0-0	3-1-2-0	7-2-1-0	L1
d-Montreal	14	8	5	1	0	34	33	17	3-3-1-0	5-2-0-0	6-4-0-0	L1
Tampa Bay	13	7	4	2	0	39	39	16	3-1-1-0	4-3-1-0	4-4-2-0	L3
Boston	11	7	3	0	1	33	20	15	2-2-0-1	5-1-0-0	7-2-0-1	L2
NY Rangers	14	7	6	1	0	38	38	15	2-4-1-0	5-2-0-0	6-4-0-0	L1
Ottawa	14	7	6	1	0	36	40	15	4-3-0-0	3-3-1-0	6-4-0-0	W3
Atlanta	14	6	5	1	2	44	51	15	2-3-0-1	4-2-1-1	4-3-1-2	L2
Pittsburgh	15	7	7	1	0	43	39	15	2-4-0-0	5-3-1-0	5-4-1-0	W1
Carolina	14	7	7	0	0	42	44	14	3-2-0-0	4-5-0-0	5-5-0-0	W1
Toronto	13	5	5	1	2	31	34	13	3-3-1-1	2-2-0-1	2-5-1-2	L5
Florida	12	5	7	0	0	36	33	10	3-2-0-0	2-5-0-0	5-5-0-0	L1
NY Islanders	14	4	8	1	1	35	50	10	2-2-0-1	2-6-1-0	3-7-0-0	L7
Buffalo	15	4	9	2	0	37	48	10	0-6-1-0	4-3-1-0	3-6-1-0	W1
New Jersey	15	4	10	1	0	25	48	9	0-5-1-0	4-5-0-0	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	12	9	1	1	1	32	18	20	6-0-0-0	3-1-1-1	7-1-1-1	W7
d-Los Angeles	13	10	3	0	0	39	26	20	6-0-0-0	4-3-0-0	8-2-0-0	W4
d-Vancouver	13	8	3	0	2	40	32	18	6-0-0-1	2-3-0-1	7-2-0-1	W6
Detroit	13	9	3	0	1	42	34	19	5-1-0-1	4-2-0-0	6-3-1-0	W1
Chicago	17	8	8	1	0	50	51	17	4-4-0-0	4-2-1-0	4-6-0-0	L1
Minnesota	13	7	4	0	2	32	30	16	5-3-0-1	2-1-0-1	6-3-0-1	W3
Dallas	13	8	5	0	0	43	37	16	5-3-0-0	3-2-0-0	5-5-0-0	L1
Columbus	13	8	5	0	0	32	32	16	4-4-0-0	4-1-0-0	7-3-0-0	L1
Colorado	13	7	5	1	0	45	42	15	3-3-0-0	4-2-1-0	5-4-1-0	W1
Anaheim	15	7	7	0	1	40	50	15	5-1-0-1	2-6-0-0	6-4-0-0	W3
San Jose	12	6	4	2	0	34	30	13	3-2-1-0	3-3-0-0	5-5-0-0	W1
Nashville	13	5	5	3	0	31	38	13	2-1-3-0	3-4-0-0	2-5-3-0	L5
Phoenix	14	4	5	4	1	35	55	13	2-2-2-1	2-3-2-0	3-3-3-1	L3
Calgary	13	6	7	0	0	35	38	12	4-4-0-0	2-3-0-0	5-5-0-0	L4
Edmonton	12	4	6	0	2	34	41	10	2-4-0-0	2-2-0-2	2-6-0-2	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's result
Detroit 3 Phoenix 2 (OT)
Sunday's results
Edmonton 2 Chicago 1
Anaheim 5 Nashville 4
St. Louis 2 N.Y. Rangers 0
Washington 3 Philadelphia 2 (OT)
Saturday Results
Ottawa 3 Montreal 2
Vancouver 6 Detroit 4
Buffalo 3 Toronto 2 (SO)
Carolina 3 Florida 2
Chicago 5 Atlanta 4 (SO)
Colorado 5 Dallas 0
Los Angeles 4 Nashville 1
Minnesota 3 Columbus 2
Philadelphia 2 N.Y. Islanders 1
Pittsburgh 4 Phoenix 3 (SO)
San Jose 5 Tampa Bay 2
St. Louis 2 Boston 1 (SO)
Tonight's games
(All times Eastern)
Washington at N.Y. Rangers, 7 p.m.
Edmonton at Carolina, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Atlanta at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Calgary at Colorado, 9:30 p.m.
Anaheim at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Stamkos, TB	11	11	22
Crosby, Pgh	9	10	19
Ovechkin, Wash	8	10	18
B.Richards, Dal	6	12	18
Sharp, Chi	10	7	17
Selanne, Ana	7	10	17
Getzlaf, Ana	6	11	17
Eriksson, Dal	9	7	16
D.Sedin, Vcr	9	7	16
C.Stewart, Col	9	7	16
H.Sedin, Vcr	2	14	16
Semin, Wash	9	6	15
Heatley, SJ	6	9	15
P.Kane, Chi	6	9	15
Perry, Ana	5	10	15
J.Thornton, SJ	5	10	15
Dubinsky, NYR	10	4	14
Giroux, Pha	7	7	14
Roy, Buf	7	7	14
Datsyuk, Det	6	8	14
St. Louis, TB	6	8	14
J.Williams, LA	6	8	14
Hejduk, Col	5	9	14
Ryan, Ana	5	9	14
Toews, Chi	5	9	14
Backstrom, Wash	4	10	14
Zetterberg, Det	3	11	14
Lidstrom, Det	1	13	14
Marleau, SJ	6	7	13
Byfuglien, Atl	5	8	13
P.Stastny, Col	5	8	13
Callahan, NYR	4	9	13
Ladd, Atl	4	9	13
M.Koivu, Minn	3	10	13
Letang, Pgh	3	10	13
M.Richards, Pha	3	10	13
Visnovsky, Ana	2	11	13
Ribeiro, Dal	0	13	13
Alfredsson, Ott	6	6	12
Neal, Dal	5	7	12
Stoll, LA	5	7	12
Skinner, Car	5	7	12
Cullen, Minn	3	9	12
Leino, Pha	3	9	12
Wisniewski, NYI	2	10	12
Keith, Chi	1	11	12
Hossa, Chi	7	4	11
MacArthur, Tor	7	4	11
Horton, Bos	6	5	11
E.Staal, Car	6	5	11
J.Carter, Pha	5	6	11
Plekanec, Mtl	5	6	11
Kopitar, LA	4	7	11
Anisimov, NYR	3	8	11
Morrison, Cal	3	8	11
Duchene, Col	2	9	11
Enstrom, Atl	2	9	11
Liles, Col	0	11	11
R.Bourque, Cal	7	3	10
Kostitsyn, Mtl	6	4	10
Moulson, NYI	6	4	10
Booth, Fla	5	5	10
Lucic, Bos	5	5	10
Halpern, Mtl	4	6	10
Hemsky, Edm	4	6	10
Malhotra, Vcr	4	6	10
Malkin, Pgh	4	6	10
Gonchar, Ott	2	8	10
Krejci, Bos	2	8	10
Peverley, Atl	2	8	10
Edler, Vcr	1	9	10
Oshie, StL	1	9	10
Whitney, Edm	0	10	10
E.Kane, Atl	7	2	9

Not including last night's game

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	6	1	.857	—
New York	3	3	.500	2½
New Jersey	2	4	.333	3½
Philadelphia	2	5	.286	4
Toronto	1	6	.143	5

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	5	1	.833	—
Atlanta	6	2	.750	—
Miami	5	2	.714	½
Washington	1	4	.200	3½
Charlotte	1	6	.143	4½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	3	3	.500	—
Chicago	2	3	.400	½
Indiana	2	3	.400	½
Detroit	2	5	.286	1½
Milwaukee	2	5	.286	1½

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	6	0	1.000	—
San Antonio	5	1	.833	1
Dallas	3	2	.600	2½
Memphis	3	4	.429	3½
Houston	1	5	.167	5

NORTHWEST DIVISION

	W	L	Pct	GB
Denver	4	2	.667	—
Portland	5	3	.625	—
Oklahoma City	3	3	.500	1
Utah	3	3	.500	1
Minnesota	1	6	.143	3½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	7	0	1.000	—
Golden State	5	2	.714	2
Phoenix	3	3	.500	3½
Sacramento	3	3	.500	3½
L.A. Clippers	1	6	.143	6

Last night's results
San Antonio 95, Charlotte 91
Orlando 93, Atlanta 89
Golden State 109, Toronto 102
Denver at Chicago
Phoenix at Memphis
Boston at Dallas
Sunday's results
Philadelphia 106, New York 96
Phoenix 118, Atlanta 114
Detroit 102, Golden State 97
Houston 120, Minnesota 94
Boston 92, Oklahoma City 83
L.A. Lakers 121, Portland 96
Tonight's games
(All times Eastern)
Denver at Indiana, 7 p.m.
Cleveland at New Jersey, 7 p.m.
Utah at Miami, 7:30 p.m.
New York at Milwaukee, 8 p.m.
L.A. Clippers at New Orleans, 8 p.m.
Detroit at Portland, 10 p.m.
Minnesota at L.A. Lakers, 10:30 p.m.

WARRIORS 109, RAPTORS 102

GOLDEN STATE (109)
D.Wright 1-5 4-4 7, Lee 6-11 2-2 14, Biedrins 4-5 0-2 8, Curry 12-21 8-8 34, Ellis 10-17 7-9 28, B.Wright 4-8 0-1 8, Lin 0-2 3-4 3, Carney 2-3 0-0 5, Williams 0-1 2-2 2, Radmanovic 0-1 0-0 0. Totals 39-74 26-32 109.
TORONTO (102)
Kleiza 8-16 2-4 20, Evans 0-2 0-0 0, Bargnani 5-10 0-0 11, Jack 7-13 9-10 24, DeRozan 4-8 0-0 8, Andersen 3-6 2-2 8, Barbosa 3-8 1-2 7, Calderon 0-4 0-0 0, Johnson 3-7 6-7 12, Weems 5-9 2-2 12. Totals 38-83 22-27 102.

Golden State	26	29	29	25	109
Toronto	19	22	31	30	102

3-Point Goals—Golden State 5-16 (Curry 2-4, Carney 1-2, Ellis 1-3, D.Wright 1-4, Lin 0-1, Radmanovic 0-1, Williams 0-1), Toronto 4-14 (Kleiza 2-7, Bargnani 1-1, Jack 1-3, Andersen 0-1, Barbosa 0-2). Fouled Out—Lee. Rebounds—Golden State 50 (Lee 12), Toronto 41 (Kleiza 7). Assists—Golden State 19 (Curry 4), Toronto 19 (Jack 8). Total Fouls—Golden State 26, Toronto 23. Technicals—Toronto defensive three second. A—14,127 (19,800) at Toronto.

GOLF

WORLD GOLF RANKING

THROUGH NOV. 7

1. Lee Westwood	Eng	8.84
2. Tiger Woods	USA	8.21
3. Martin Kaymer	Ger	7.96
4. Phil Mickelson	USA	7.73
5. Steve Stricker	USA	7.07
6. Jim Furyk	USA	6.98
7. Paul Casey	Eng	6.27
8. Luke Donald	Eng	5.97
9. Rory McIlroy	NIr	5.53
10. Graeme McDowell	NIr	5.41
11. Matt Kuchar	USA	5.28
12. Ernie Els	SAf	5.22
13. Dustin Johnson	USA	5.04
14. Francesco Molinari	Ita	4.58
15. Ian Poulter	Eng	4.55
16. Hunter Mahan	USA	4.40
17. Edoardo Molinari	Ita	4.38
18. Retief Goosen	SAf	4.35
19. Zach Johnson	USA	4.07
20. Padraig Harrington	Irl	4.03
21. Robert Allenby	Aus	3.91
22. Louis Oosthuizen	SAf	3.85
23. Anthony Kim	USA	3.83
24. Bubba Watson	USA	3.70
25. Justin Rose	Eng	3.66
26. Miguel Angel Jimenez	Esp	3.59
27. Ross Fisher	Eng	3.58
28. Rickie Fowler	USA	3.57
29. Nick Watney	USA	3.55
30. Camilo Villegas	Col	3.45
31. Tim Clark	SAf	3.39
32. Sean O'Hair	USA	3.35
33. Charl Schwartzel	SAf	3.34
34. Jason Day	Aus	3.34
35. Ben Crane	USA	3.32
36. Robert Karlsson	Swe	3.28
37. Y.E. Yang	Kor	3.17
38. Geoff Ogilvy	Aus	3.15
39. Peter Hanson	Swe	3.11
40. Kim Kyung-Tae	Kor	3.10
41. Adam Scott	Aus	3.05
42. Ryan Moore	USA	3.04
43. Bo Van Pelt	USA	3.01
44. Stewart Cink	USA	3.00
45. K.J. Choi	Kor	2.86
45. Ryo Ishikawa	Jpn	2.86
47. Henrik Stenson	Swe	2.80
48. Martin Laird	Sco	2.79
49. Lucas Glover	USA	2.74
50. Jeff Overton	USA	2.73
51. Charley Hoffman	USA	2.71
52. Angel Cabrera	Arg	2.71
53. Alvaro Quiros	Esp	2.63
54. Yuta Ikeda	Jpn	2.58
55. Heath Slocum	USA	2.54
56. Ryan Palmer	USA	2.43
57. Bill Haas	USA	2.39
58. Kevin Na	USA	2.32
59. Kenny Perry	USA	2.30
60. Richard Green	Aus	2.29
61. Scott Verplank	USA	2.21
62. Hiroyuki Fujita	Jpn	2.20
63. J.B. Holmes	USA	2.20
64. Rhys Davies	Wal	2.15
65. Liang Wen-Chong	Chn	2.09
66. Noh Seung-yul	Kor	2.06
67. David Toms	USA	2.05
68. Fredrik Andersson Hed	Swe	2.04
69. Danny Willett	Eng	2.02
70. Sergio Garcia	Esp	2.02
71. Brian Davis	Eng	2.00
72. Ricky Barnes	USA	1.96
Also		
102. Stephen Ames	**Cda**	**1.52**
142. Mike Weir	**Cda**	**1.27**

SOCCER

SPAIN

LA LIGA

Yesterday's result
Sevilla 2, Valencia 0

MLS PLAYOFFS

EASTERN CONFERENCE CHAMPIONSHIP
Saturday's games
San Jose at Colorado, 9:30 p.m.
WESTERN CONFERENCE CHAMPIONSHIP
Sunday's game
FC Dallas at Los Angeles, 9 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Announced Tohoku Rakuten (Japan Pacific League) has accepted Oakland's bid for the negotiating rights to RHP Hisashi Iwakuma.

AMERICAN LEAGUE

DETROIT TIGERS—Agreed to terms with SS Jhonny Peralta on a two-year contract.
TORONTO BLUE JAYS—Named Don Wakamatsu bench coach, Dwayne Murphy hitting coach, Torey Lovullo first-base coach and Pat Hentgen bullpen coach.

NATIONAL LEAGUE

NEW YORK METS—Named Paul DePodesta vice president, player development and amateur scouting.
PITTSBURGH PIRATES—Agreed to terms with LHP Justin Thomas on a minor league contract.

AMERICAN ASSOCIATION

GARY SOUTHSHORE RAILCATS—Acquired INF Brian Kolb from Evansville (Frontier) to complete an earlier trade.

FOOTBALL

NFL

CINCINNATI BENGALS—Signed DT Clinton McDonald from the practice squad. Waived CB Rico Murray.
DALLAS COWBOYS—Fired coach Wade Phillips. Promoted offensive coordinator Jason Garrett to head coach.
GREEN BAY PACKERS—Released CB Al Harris.
KANSAS CITY CHIEFS—Signed LB Derrick Johnson to a five-year contract extension.
WASHINGTON REDSKINS—Placed S Chris Horton on injured reserve.

SOCCER

MISL

BALTIMORE BLAST—Signed D Pat Morris and G Nick Hovaker. Acquired F Worteh Sampson from Missouri for future considerations.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned F Jeremy Morin to Rockford (AHL).
MONTREAL CANADIENS—Waived F Dustin Boyd.
NEW JERSEY DEVILS—Placed LW Zach Parise on injured reserve. Activated D Matt Corrente from injured reserve. Recalled RW Mattias Tedenby from Albany (AHL).
NEW YORK RANGERS—Assigned F Evgeny Grachev to Hartford (AHL).
OTTAWA SENATORS—Reassigned F Zack Smith to Binghamton (AHL).
ST. LOUIS BLUES—Assigned F Nick Drazenovic to Peoria (AHL).
TAMPA BAY LIGHTNING—Named Martha Fuller chief financial officer.

AHL

CHICAGO WOLVES—Reassigned D Dave Phillips to Toledo (ECHL). Central Hockey League
LAREDO BUCKS—Traded F Matt Robinson to Wichita for future considerations. Signed F Darryl Smith.
RIO GRANDE VALLEY KILLER BEES—Placed F Greg Holt on waivers. Signed F Ryan McLeod and F Anton Kharin.
TULSA OILERS—Placed F Jason Weeks on waivers.

CFL

WEEK 20

PLAYOFFS

Sunday's games
Division Semifinals
East Division
Toronto at Hamilton, 1 p.m.
West Division
B.C. at Saskatchewan, 4:30 p.m.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	6	2	0	.750	182	130
New England	6	2	0	.750	219	188
Miami	4	4	0	.500	143	175
Buffalo	0	8	0	.000	150	233

SOUTH	W	L	T	Pct	PF	PA
Tennessee	5	3	0	.625	224	150
Indianapolis	5	3	0	.625	217	168
Jacksonville	4	4	0	.500	165	226
Houston	4	4	0	.500	193	226

NORTH	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	175	139
Pittsburgh	5	2	0	.714	147	102
Cleveland	3	5	0	.375	152	156
Cincinnati	2	5	0	.286	146	163

WEST	W	L	T	Pct	PF	PA
Kansas City	5	3	0	.625	183	145
Oakland	5	4	0	.556	235	188
San Diego	4	5	0	.444	239	197
Denver	2	6	0	.250	154	223

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	216	160
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	1	7	0	.125	161	232

SOUTH	W	L	T	Pct	PF	PA
Atlanta	6	2	0	.750	196	154
New Orleans	6	3	0	.667	201	151
Tampa Bay	5	3	0	.625	157	190
Carolina	1	7	0	.125	88	184

NORTH	W	L	T	Pct	PF	PA
Green Bay	6	3	0	.667	221	143
Chicago	5	3	0	.625	148	133
Minnesota	3	5	0	.375	156	168
Detroit	2	6	0	.250	203	188

WEST	W	L	T	Pct	PF	PA
St. Louis	4	4	0	.500	140	141
Seattle	4	4	0	.500	130	181
Arizona	3	5	0	.375	157	225
San Francisco	2	6	0	.250	137	178

WEEK NINE

Byes: Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington
Last night's result
Pittsburgh at Cincinnati
Yesterday's results
Atlanta 27 Tampa Bay 21
Baltimore 26 Miami 10
Cleveland 34 New England 14
Minnesota 27 Arizona 24 (OT)
New Orleans 34 Carolina 3
N.Y. Giants 41 Seattle 7
N.Y. Jets 23 Detroit 20 (OT)
Oakland 23 Kansas City 20 (OT)
Philadelphia 26 Indianapolis 24
San Diego 29 Houston 23
Green Bay 45 Dallas 7
At Toronto
Chicago 22 Buffalo 19

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego
(All times Eastern)
Thursday's game
Baltimore at Atlanta, 8:20 p.m.
Sunday, Nov. 14
Minnesota at Chicago, 1 p.m.
Tennessee at Miami, 1 p.m.
Detroit at Buffalo, 1 p.m.
Houston at Jacksonville, 1 p.m.
N.Y. Jets at Cleveland, 1 p.m.
Cincinnati at Indianapolis, 1 p.m.
Carolina at Tampa Bay, 1 p.m.
Kansas City at Denver, 4:05 p.m.
Dallas at N.Y. Giants, 4:15 p.m.
St. Louis at San Francisco, 4:15 p.m.
Seattle at Arizona, 4:15 p.m.
New England at Pittsburgh, 8:20 p.m.
Monday, Nov. 15
Philadelphia at Washington, 8:30 p.m.

NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

PLAYER	GP	G	APTS	+/-	PIM
Selanne	15	7	10	17	-1	8
Getzlaf	15	6	11	17	-2	14
Perry	15	5	10	15	0	31
Ryan	15	5	9	14	5	31
Visnovsky	15	2	11	13	-1	8
Koivu	15	5	2	7	-3	12
Lydman	11	2	4	6	7	6
Blake	14	2	3	5	-3	4
Carter	10	1	2	3	-1	13
Fowler	9	1	2	3	2	4
Parros	14	1	1	2	-1	36
Syvret	6	1	1	2	-3	4
Lilja	10	0	2	2	-1	4
Beleskey	10	0	2	2	-5	2
Mara	15	1	0	1	-4	22
Palmieri	3	1	0	1	-1	0
Marchant	15	0	1	1	-8	4
Bodie	9	0	1	1	-3	7
Brookbank	15	0	0	0	-3	31
Chipchura	11	0	0	0	-1	10
Sexton	7	0	0	0	-4	2
Voros	5	0	0	0	-2	17
Green	4	0	0	0	1	4
Bonino	3	0	0	0	-1	2
Festerling	1	0	0	0	-2	0
Sutton	1	0	0	0	-2	2
Hiller	12	0	0	0	0	0
McElhinney	4	0	0	0	0	0

ATLANTA

PLAYER	GP	G	APTS	+/-	PIM
Byfuglien	14	5	8	13	-5	25
Ladd	14	4	9	13	0	2
Enstrom	14	2	9	11	-5	4
Peverley	14	2	8	10	-1	6
Kane	14	7	2	9	-8	8
Bergfors	11	4	5	9	0	2
Stewart	14	4	4	8	-3	2
Antropov	13	3	3	6	-10	8
Thorburn	14	3	1	4	-2	13
Modin	12	3	1	4	-7	0
Little	10	1	3	4	1	2
Oduya	14	0	4	4	-8	4
Burmistrov	14	2	1	3	-1	10
Eager	14	1	2	3	2	34
Slater	10	1	1	2	-2	4
Boulton	8	1	1	2	1	0
Bogosian	8	0	2	2	-4	8
Hainsey	14	0	1	1	-1	2
Sopel	13	0	1	1	-1	4
Dawes	6	0	0	0	-6	0
Meyer	5	0	0	0	-2	4
Welch	2	0	0	0	-1	0
Mason	11	0	0	0	0	2
Mannino	1	0	0	0	0	0
Pavelec	4	0	0	0	0	0

BOSTON

PLAYER	GP	G	APTS	+/-	PIM
Horton	11	6	5	11	4	19
Lucic	11	5	5	10	5	18
Krejci	11	5	5	10	4	2
Ryder	11	4	5	9	-1	2
Bergeron	11	2	4	6	1	6
Recchi	11	0	6	6	-1	0
Seguin	11	3	2	5	0	4
Chara	11	2	3	5	4	4
Marchand	11	1	4	5	3	10
Seidenberg	11	1	3	4	2	6
Caron	10	3	0	3	3	2
Campbell	11	1	2	3	1	26
Wheeler	11	1	2	3	-1	8
Boychuk	6	0	3	3	3	0
Thornton	11	2	0	2	0	9
Hunwick	11	1	1	2	3	4
Stuart	11	1	1	2	3	4
Ference	11	0	1	1	5	19
McQuaid	5	0	0	0	1	9
Paille	1	0	0	0	-1	0
Thomas	8	0	1	1	0	0
Rask	4	0	0	0	0	0

BUFFALO

PLAYER	GP	G	APTS	+/-	PIM
Roy	15	7	8	15	0	8
Leopold	15	4	5	9	1	6
Connolly	15	4	4	8	-4	4
Stafford	14	4	4	8	-1	10
Ennis	15	2	6	8	3	4
Montador	15	1	7	8	11	21
Vanek	15	4	3	7	-8	6
Gaustad	15	1	4	5	1	20
Grier	15	1	4	5	-2	2
Myers	15	3	1	4	-12	6
Hecht	15	1	3	4	0	4
Kaleta	15	1	3	4	-1	24
McCormick	14	2	1	3	1	38
Butler	8	0	3	3	2	6
Sekera	14	1	1	2	-4	4
Niedermayer	14	0	2	2	-3	4
Gerbe	9	0	2	2	2	2
Rivet	12	0	1	1	-2	6
Morrisonn	9	0	1	1	-6	10
Pominville	6	0	1	1	-4	0
Weber	2	0	0	0	-1	0
Ellis	1	0	0	0	0	0
Miller	10	0	0	0	0	0
Enroth	2	0	0	0	0	0
Lalime	4	0	0	0	0	0

CALGARY

PLAYER	GP	G	APTS	+/-	PIM
Morrison	13	3	8	11	2	6
Bourque	11	7	3	10	-2	6
Tanguay	13	4	5	9	-1	10
Iginla	13	2	6	8	-3	11
Stajan	11	1	7	8	-1	2
Hagman	13	4	2	6	-4	8
Jokinen	13	2	4	6	-2	11
Glencross	12	3	2	5	2	12
Giordano	13	1	4	5	1	12
Backlund	13	2	2	4	0	0
White	13	1	3	4	-5	6
Bouwmeester	13	1	3	4	2	10
Regehr	13	0	3	3	0	4
Sarich	10	0	3	3	3	4
Conroy	12	2	0	2	0	4
Jackman	13	1	2	3	-3	38
Mikkelson	10	0	2	2	-1	7
Meyer	12	0	1	1	-1	12
Sutter	4	0	1	1	-1	5
Staios	6	0	0	0	-3	6
Brodie	3	0	0	0	-3	2
Pardy	2	0	0	0	0	4
Moss	2	0	0	0	0	0
Ivanans	1	0	0	0	-1	5
Kiprusoff	11	0	0	0	0	0
Karlsson	3	0	0	0	0	0

CAROLINA

PLAYER	GP	G	APTS	+/-	PIM
Skinner	14	5	7	12	0	2
Staal	14	6	5	11	-4	14
Cole	14	3	5	8	8	2
Ruutu	14	3	5	8	-3	12
Jokinen	14	2	6	8	-9	4
Samsonov	10	3	4	7	1	0
Sutter	14	3	3	6	5	8
LaRose	14	2	4	6	-5	16
Babchuk	14	2	4	6	0	12
Dwyer	14	3	2	5	-1	2
Corvo	14	2	3	5	-4	6
Pitkanen	12	1	4	5	1	14
Gleason	14	1	2	3	-2	2
McBain	14	0	3	3	0	8
Harrison	14	0	3	3	1	18
Kostopoulos	14	0	3	3	-1	9
Matsumoto	4	2	0	2	-1	4
O'Sullivan	7	1	0	1	-1	2
Tlusty	6	1	0	1	2	0
Dalpe	7	0	1	1	0	0
Bowman	8	0	0	0	1	0
Carson	2	0	0	0	2	0
Ward	12	0	0	0	0	0
Peters	2	0	0	0	0	0

CHICAGO

PLAYER	GP	G	APTS	+/-	PIM
Sharp	16	10	7	17	-11	2
Kane	16	6	9	15	-5	4
Toews	17	5	9	14	4	4
Keith	17	1	11	12	-5	6
Hossa	17	5	4	9	3	10
Seabrook	17	2	7	9	2	8
Kopecky	16	2	7	9	-8	20
Stalberg	16	4	4	8	-3	8
Brouwer	17	1	7	8	0	7
Dowell	17	3	2	5	0	19
Bickell	14	2	3	5	-1	5
Skille	16	2	3	5	-1	10
Pisani	17	2	1	3	-1	4
Bolland	12	1	2	3	1	6
Boynton	15	0	3	3	0	10
Cullimore	11	0	3	3	0	0
Campbell	4	1	1	2	0	0
Leddy	6	0	1	1	-1	0
Scott	15	0	0	0	-4	2
Hjalmarsson	15	0	0	0	-8	19
Hendry	11	0	0	0	-2	0
Smith	3	0	0	0	-2	0
Morin	2	0	0	0	0	0
Potulny	2	0	0	0	-1	0
Turco	1	0	0	0	-1	0
Brophey	1	0	0	0	0	0
Turco	13	0	0	0	0	4
Crawford	5	0	0	0	0	0

COLORADO

PLAYER	GP	G	APTS	+/-	PIM
Stewart	13	9	7	16	-1	27
Hejduk	13	5	9	14	-5	4
Stastny	13	5	8	13	-2	14
Duchene	13	2	9	11	3	12
Liles	13	0	11	11	9	9
Winnik	13	4	2	6	2	4
Jones	11	2	4	6	4	0
Yip	11	3	3	6	3	15
O'Reilly	13	1	5	6	7	2
Galiardi	13	3	2	5	2	8
Cumiskey	11	1	4	5	0	8
Dupuis	11	1	3	4	3	7
McLeod	13	2	1	3	0	46
Hannan	13	0	3	3	-2	0
Porter	7	2	0	2	3	2
Gulik	4	1	1	2	3	2
Wilson	11	0	2	2	3	7
Foote	6	0	2	2	0	7
Olver	4	0	2	2	1	2
Liffiton	3	1	0	1	3	15
Holos	9	0	1	1	2	0
Quincey	13	0	0	0	0	12
Shattenkirk	2	0	0	0	1	2
Cohen	1	0	0	0	1	4
Budaj	6	0	0	0	0	0
Anderson	7	0	0	0	0	2

COLUMBUS

PLAYER	GP	G	APTS	+/-	PIM
Brassard	13	5	4	9	2	6
Nash	13	5	3	8	-5	8
Voracek	13	1	6	7	-2	4
Methot	13	0	7	7	7	4
Umberger	13	5	1	6	3	4
Clark	11	0	6	6	4	4
Wilson	8	4	1	5	2	8
Huselius	7	3	2	5	-2	4
MacKenzie	13	2	2	4	4	8
Vermette	13	1	3	4	-3	8
Stralman	11	0	4	4	-3	6
Dorsett	13	2	1	3	1	25
Pahlsson	13	1	2	3	0	10
Klesla	13	0	3	3	12	6
Moreau	5	1	1	2	1	8
Filatov	13	1	1	2	-1	4
Tyutin	13	0	2	2	-5	6
Boll	7	0	2	2	1	26
Hejda	11	1	0	1	-1	4
Russell	8	0	1	1	1	2
Holden	5	0	0	0	0	0
Guenin	3	0	0	0	-3	2
Commodore	2	0	0	0	-1	0
Garon	6	0	0	0	0	0
Mason	8	0	0	0	0	0

DALLAS

PLAYER	GP	G	APTS	+/-	PIM
Richards	13	6	12	18	9	6
Eriksson	13	9	7	16	12	0
Ribeiro	13	0	13	13	1	0
Neal	13	5	7	12	7	14
Morrow	13	7	2	9	1	15
Robidas	12	2	6	8	10	23
Benn	10	2	5	7	-4	12
Ott	13	3	2	5	-2	18
Daley	13	1	3	4	0	4
Niskanen	13	0	3	3	0	13
Wandell	12	2	0	2	-1	2
Petersen	13	1	1	2	-2	4
Segal	12	1	1	2	-2	4
Sutherby	11	1	0	1	-3	10
Grossman	13	0	2	2	3	14
Burish	13	1	0	1	1	19
Skrastins	13	0	1	1	4	6
Fistric	10	0	1	1	-1	6
Larsen	1	0	1	1	-2	0
Barch	6	0	0	0	-1	2
Woywitka	3	0	0	0	-1	0
Gagnon	1	0	0	0	0	0
Lehtonen	11	0	0	0	0	2
Raycroft	3	0	0	0	0	0

DETROIT

PLAYER	GP	G	APTS	+/-	PIM
Datsyuk	12	6	8	14	6	7
Zetterberg	12	3	11	14	8	4
Lidstrom	12	1	13	14	2	4
Franzen	11	6	3	9	3	8
Bertuzzi	12	2	7	9	7	8
Cleary	12	3	5	8	-1	4
Filppula	12	3	4	7	4	4
Stuart	12	1	6	7	7	20
Holmstrom	12	3	3	6	1	20
Kronwall	12	4	0	4	1	4
Modano	12	2	2	4	-6	4
Eaves	11	2	1	3	-1	2
Abdelkader	4	2	1	3	3	5
Hudler	10	0	3	3	-6	4
Helm	12	0	2	2	-2	2
Salei	12	0	2	2	1	22
Rafalski	2	0	2	2	5	2
Ericsson	4	1	0	1	0	19
Miller	11	0	1	1	-4	0
Kindl	11	0	0	0	-3	12
Janik	7	0	0	0	-2	7
Howard	8	0	0	0	0	0
Osgood	4	0	0	0	0	0

EDMONTON

PLAYER	GP	G	APTS	+/-	PIM
Hemsky	12	4	6	10	4	2
Whitney	12	0	10	10	0	19
Horcoff	12	4	5	9	1	8
Eberle	12	4	4	8	2	4
Gagner	12	3	4	7	4	11
Penner	12	4	2	6	0	18
Hall	12	3	3	6	-4	4
Paajarvi	12	2	4	6	2	6
Foster	11	2	4	6	-3	8
Jones	12	3	1	4	0	7
Cogliano	12	1	3	4	-3	0
Brule	12	2	1	3	-2	23
Gilbert	12	1	2	3	2	14
Smid	12	0	3	3	3	8
Peckham	9	0	3	3	4	13
Vandermeer	9	0	2	2	0	10
Fraser	12	0	1	1	0	26
Stortini	8	0	1	1	-1	12
Strudwick	7	0	0	0	-2	5
MacIntyre	4	0	0	0	0	5
Khabibulin	11	0	0	0	0	0
Dubnyk	1	0	0	0	0	0

FLORIDA

PLAYER	GP	G	APTS	+/-	PIM
Booth	12	5	5	10	-2	6
Reasoner	12	3	6	9	6	0
McCabe	12	1	8	9	6	10
Olesz	12	2	6	8	2	2
Wideman	12	2	6	8	2	7
Frolik	11	3	4	7	4	4
Dvorak	12	3	3	6	2	4
Weiss	11	3	3	6	-1	6
Stillman	11	1	4	5	4	8
Santorelli	12	2	2	4	1	2
Matthias	10	2	2	4	0	4
Reinprecht	9	2	2	4	0	4
Weaver	12	1	3	4	-2	4
Bernier	12	1	3	4	-4	2
Allen	12	1	3	4	4	11
Higgins	12	2	1	3	2	4
Ellerby	4	0	2	2	2	4
Garrison	8	1	0	1	-4	2
Hordichuk	7	1	0	1	1	7
Kulikov	12	0	0	0	0	2
McArdle	1	0	0	0	0	0
Vokoun	10	0	0	0	0	0
Clemmensen	4	0	0	0	0	0

LOS ANGELES

PLAYER	GP	G	APTS	+/-	PIM
Williams	13	6	8	14	8	7
Stoll	13	5	7	12	8	6
Kopitar	13	4	7	11	3	2
Brown	13	6	3	9	3	27
Smyth	13	4	5	9	8	8
Johnson	13	0	9	9	4	12
Simmonds	13	3	2	5	4	6
Handzus	13	2	3	5	1	6
Mitchell	13	1	4	5	7	5
Richardson	13	3	1	4	-2	6
Ponikarovsky	13	2	2	4	2	10
Scuderi	13	0	3	3	2	4
Drewiske	13	0	3	3	1	4
Loktionov	7	1	1	2	1	0
Schenn	8	0	2	2	-1	0
Muzzin	8	0	1	1	-1	0
Doughty	7	0	1	1	3	8
Harrold	4	0	1	1	0	2
Parse	2	0	1	1	1	0
Westgarth	10	0	0	0	-4	10
Clifford	9	0	0	0	-2	0
Greene	7	0	0	0	4	6
Lewis	3	0	0	0	-2	0
Quick	9	0	0	0	0	0
Bernier	4	0	0	0	0	0

MINNESOTA

PLAYER	GP	G	APTS	+/-	PIM
Koivu	13	3	11	14	7	14
Cullen	13	3	9	12	-3	8
Havlat	13	1	8	9	-1	2
Burns	13	1	5	6	8	-14
Brunette	13	3	2	5	0	8
Latendresse	8	3	3	6	2	8
Zidlicky	10	2	4	6	-3	4
Miettinen	8	2	4	6	3	4
Clutterbuck	13	4	0	4	-1	10
Brodziak	13	2	1	3	-1	6
Schultz	13	1	2	3	-2	10
Barker	9	0	3	3	-2	6
Madden	13	2	0	2	-3	2
Falk	13	0	2	2	4	4
Stoner	7	0	2	2	1	11
Kobasew	11	1	0	1	-7	6
Nystrom	13	0	1	1	-5	11
Staubitz	12	0	1	1	0	27
Zanon	13	0	1	1	-2	2
Wellman	6	0	0	0	-1	2
Gillies	3	0	0	0	0	0
Kassian	2	0	0	0	-1	7
Almond	2	0	0	0	-1	0
Backstrom	11	0	0	0	0	0
Theodore	2	0	0	0	0	0

MONTREAL

PLAYER	GP	G	APTS	+/-	PIM
Plekanec	13	5	6	11	4	8
Kostitsyn	14	6	4	10	3	6
Halpern	14	4	6	10	7	7
Pouliot	14	4	4	8	4	6
Cammalleri	13	3	5	8	9	10
Gorges	14	1	5	6	-2	8
Subban	14	0	6	6	4	12
Hamrlik	12	0	5	5	3	8
Gionta	14	2	2	4	1	4
Darche	10	2	2	4	6	4
Spacek	14	1	3	4	3	10
Moen	14	2	1	3	1	20
Gomez	14	1	2	3	0	4
Lapierre	14	1	1	2	-4	18
Picard	9	1	0	1	7	0
Boyd	9	1	0	1	-6	2
Gill	14	0	1	1	-5	9
Eller	13	0	1	1	-3	8
Markov	4	0	1	1	1	2
Pyatt	12	0	0	0	-4	2
O'Byrne	3	0	0	0	0	4
Price	13	0	0	1	0	0
Auld	1	0	0	0	0	0

NASHVILLE

PLAYER	GP	G	APTS	+/-	PIM
O'Reilly	13	2	9	11	2	0
Sullivan	13	5	3	8	2	10
Hornqvist	13	5	2	7	-3	2
Franson	13	3	4	7	5	6
Wilson	13	2	4	6	4	0
Weber	13	1	5	6	-5	8
Tootoo	12	1	5	6	2	21
Legwand	13	2	3	5	-4	8
Goc	7	2	3	5	2	0
Dumont	13	1	4	5	5	10
Ward	4	3	0	3	1	10
Kostitsyn	9	2	1	3	-3	2
Klein	13	1	2	3	-2	9
Bouillon	12	1	2	3	-3	7
Erat	7	0	3	3	-2	8
Suter	5	0	3	3	3	4
O'Brien	13	1	0	1	-4	11
Smithson	13	0	1	1	-4	2
Spaling	9	0	1	1	-2	6
Sulzer	8	0	0	0	-1	2
Belak	4	0	0	0	-1	0
Lombardi	2	0	0	0	-1	0
Laakso	1	0	0	0	0	0
Klasen	1	0	0	0	-1	0
Lindback	7	0	0	0	0	0
Rinne	8	0	0	0	0	2

NEW JERSEY

PLAYER	GP	G	APTS	+/-	PIM
Kovalchuk	14	3	5	8	-6	11
Langenbrunner	15	2	6	8	-6	8
Arnott	15	4	3	7	-8	6
Elias	15	2	5	7	-8	2
Zubrus	15	1	6	7	-6	14
Parise	12	3	3	6	-1	6
Zajac	15	0	6	6	2	4
Taormina	15	3	2	5	1	2
Greene	15	2	3	5	-12	2
Corrente	6	0	3	3	-1	31
Tallinder	15	1	1	2	-7	10
Clarkson	15	1	1	2	-9	34
Mills	4	1	0	1	1	5
Pelley	15	0	1	1	-3	12
Vasyunov	6	0	1	1	1	0
White	14	0	0	0	2	12
Mair	12	0	0	0	-2	16
Magnan	9	0	0	0	-2	4
Sestito	9	0	0	0	-1	0
Urbom	7	0	0	0	-3	0
Josefson	6	0	0	0	-2	2
Fraser	4	0	0	0	0	9
Eckford	4	0	0	0	-1	0
Volchenkov	3	0	0	0	1	2
Letourneau-Leblond	2	0	0	0	-2	21
Rolston	2	0	0	0	-1	0
Gionta	1	0	0	0	0	0
Brodeur	14	0	0	0	0	0
Hedberg	4	0	0	0	0	0

N.Y. ISLANDERS

PLAYER	GP	G	APTS	+/-	PIM
Wisniewski	12	3	10	12	-12	10
Moulson	14	6	4	10	-7	0
Tavares	11	6	3	9	-13	2
Comeau	14	3	6	9	-8	8
Parenteau	13	3	6	9	-9	4
Weight	14	2	7	9	-1	10
Nielsen	14	2	6	8	-1	10
Bailey	12	3	3	6	-3	8
Grabner	10	3	1	4	-2	2
Jurcina	10	2	1	3	-1	4
Mottau	14	0	3	3	-11	4
Martinek	14	1	1	2	-4	0
Niederreiter	9	1	1	2	-1	8
Hunter	10	0	2	2	-1	21
Martin	6	1	0	1	-3	14
Sim	11	0	1	1	-7	10
Hillen	9	0	1	1	-6	4
Gervais	5	0	1	1	-3	0
Schremp	3	0	1	1	-5	2
Konopka	14	0	0	0	-5	57
Eaton	14	0	0	0	-4	4
Gillies	12	0	0	0	-1	28
MacDonald	7	0	0	0	1	6
DiPietro	7	0	0	0	0	4
Roloson	7	0	1	1	0	0

N.Y. RANGERS

PLAYER	GP	G	APTS	+/-	PIM
Dubinsky	14	10	4	14	-1	8
Callahan	13	4	9	13	-1	4
Anisimov	14	3	8	11	-2	2
Rozsival	14	2	6	8	-1	12
Avery

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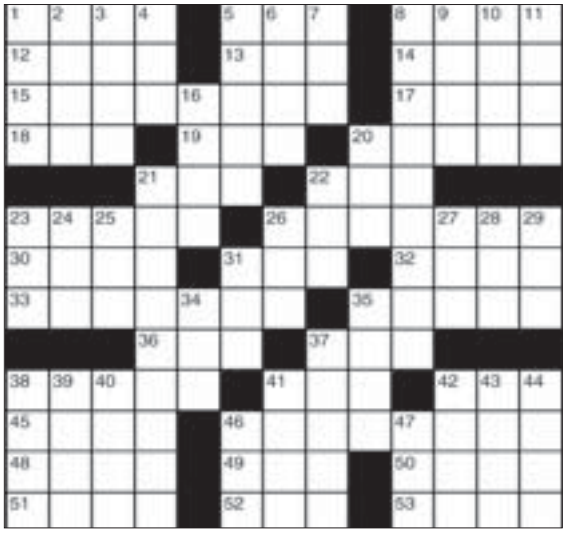
Crossword



Across

1 Typeface option
5 Coll. transcript no.
8 Afrikaner
12 Unsigned (Abbr.)
13 Antiquated
14 Busy with
15 Imaginary objects of fear
17 Weaponry
18 Donkey
19 Allow
20 English composition
21 Pleasure
22 PC peripheral connection
23 Molded jelly
26 Investigation
30 — moss
31 Chinese chairman of yore
32 Zilch
33 Kodak inventor George
35 Karenina and Kournikova
36 Dine on
37 Hobbyist's abbr.
38 Tusk material
41 Scarlet
42 "Eureka!"
45 Branch
46 Virus that withstands medication
48 Stead
49 Favorite
50 Christmas
51 Vocalize
52 Blond shade
53 Greek vowels

Down

1 Ali —
2 Responsibility
3 Fireplace supply
4 Genetic evidence
5 Viscous
6 Contrive
7 Billboards
8 Fudd foe
9 Piece of work
10 Sicilian spouter
11 Optimistic
16 United nations
20 Barrister's title (Abbr.)
21 Jazzy two-step
22 Popular card game
23 Mimic
24 Caribbean, e.g.
25 — de deux
26 Author Fleming
27 Charged bit
28 Cousin of 4-Down
29 "Of course"
31 Wrestling surface
34 Spring month
35 Staffer
37 Profundity
38 Woes
39 Henry —
40 Portent
41 Wishes otherwise
42 Touch
43 Hawaiian dance
44 Census statistics
46 Resort
47 "Catcher in the —"

▶ Yesterday's answer

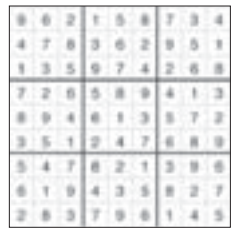
Sudoku

			3		7	6		9
9	6		4					5
					2			
	3	4	7				9	8
1	7				8	2	4	
			9					
4					5		7	1
8		6	2		3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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Show some love! Send a note to somebody special at kiss@metronews.ca

Alysha, you're optimistic, fun, kind and beautiful. You remind me of who I strive to be. When you fall asleep on my shoulder, I wish time wouldn't go so fast. Can't wait for tonight, ~ **DAVID**

Da Bunny,
My beautiful sweet one, I belong to you. Your essence, energy, spirit & love are as amazing as the morning sun. I'll love you alwiz, **ROOSTER.**

Happy Birthday to Tatiana (TK) — best mom in the world. Your contagious energy is inspiring to everyone! Wishing you all the best on your special day! **LOVE, MARINA, SERGE, SID**

Panda, our horoscopes say we were made for each other! You make me deliriously and hopelessly in love and my heart has now cosmic-supernova grown for you. **YOUR PINK FLAMINGO**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20
Have as much fun as you can handle today and don't feel in the least bit guilty about it. You will enjoy yourself more if you go out with friends than if you stay close to home.

♉ Taurus April 21-May 21 Even if you are the kind of Taurus who prefers to keep your feelings under wraps you will open your heart to the world today. Others won't laugh at you.

♊ Gemini May 22-June 21 If opposites really do attract you will find yourself getting along with someone today who, on the surface, is about as different to you as chalk is to cheese. In fact you are two parts to a single whole.

♋ Cancer June 22-July 22
Sometimes your old-fashioned way of doing things works in your favor and sometimes it doesn't, but today it is much more likely to be the former.

♌ Leo July 23-Aug.23 You feel like you could take on the world and win, and maybe you could, but don't scatter your energy in all directions when there is one specific task that needs to be done.

♍ Virgo Aug. 24- Sept. 22 What happens today may take you by surprise but if you think about it you will realize you have been through similar situations on numerous previous occasions, so why worry? There really is nothing new under the sun.

♎ Libra Sept. 23-Oct. 23 No matter how many things have gone wrong in the past everything will go right for you today, especially socially where, for one reason or another, you have not been at your best in recent weeks.

♏ Scorpio Oct. 24-Nov. 22 Stay calm and use logic, rather than emotion to solve a problem that has defeated many good people. The trick is to see what is actually there, rather than what you want to see.

♐ Sagittarius Nov. 23-Dec. 21 Mercury in your sign will help you think and see clearly. Others will be amazed at how quickly you reach the correct decision and will see you as some kind of guru.

♑ Capricorn Dec. 22-Jan. 20
A more introvert phase has begun and you have no desire to spend your valuable time partying or pursuing aims that are ultimately self-defeating.

♒ Aquarius Jan. 21-Feb. 18
You don't have to defend your beliefs against people who seem to delight in knocking down dreams they don't understand. If you are happy with what you see as the truth that's all that matters.

♓ Pisces Feb. 19-March 20
Mercury, planet of communication, is moving through the career area of your chart, so if you need to reach out to bosses and other important people now is as good a time as any. **SALLY BROMPTON**

Caption contest

FAREED KHAN/THE ASSOCIATED PRESS

WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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$399
+Taxes & other fees: $315

Samana
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Dec. 5 - 12 • 1 wk.
PRIVILEGES
$599
+Taxes & other fees: $315

Punta Cana
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Nov. 28 & Dec. 5, 12 • 1 wk.
$659
+Taxes & other fees: $315

CUBA

Santa Clara
Meliá Las Dunas • 4 1/2★
All-Inclusive • Standard rm.
Dec. 4 & 11 • 1 wk.
PRIVILEGES
$599
+Taxes & other fees: $233
Departure tax: 25 CUC cash, paid locally

Cayo Coco/Cayo Guillermo
TRYP Cayo Coco • 4★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$999
+Taxes & other fees: $233
Departure tax: 25 CUC cash, paid locally

Varadero
Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Dec. 23 - 25 • 1 wk.
$1299
+Taxes & other fees: $233
Departure tax: 25 CUC cash, paid locally

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Traditional standard rm.
Dec. 1 - 13 • 1 wk.
PRIVILEGES
$669
+Taxes & other fees: $286

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Dec. 1 - 13 • 1 wk.
$899
+Taxes & other fees: $286

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USA

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Dec. 6, 7, 13, 15 & 16 • 3 nts.
$439
+Taxes & other fees: $122

Miami
Newport Beachside Resort • 3 1/2★
One-bedroom suite
Jan. 11, 12 & 18 • 3 nts.
$699
+Taxes & other fees: $122

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Celebrity Summit℠
Southern Caribbean Cruise
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The Venetian

THE VENETIAN & THE PALAZZO

USA

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$669
+Taxes & other fees: $150

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Luxury suite
Dec. 11 & 13 • 3 nts.
$669
+Taxes & other fees: $150

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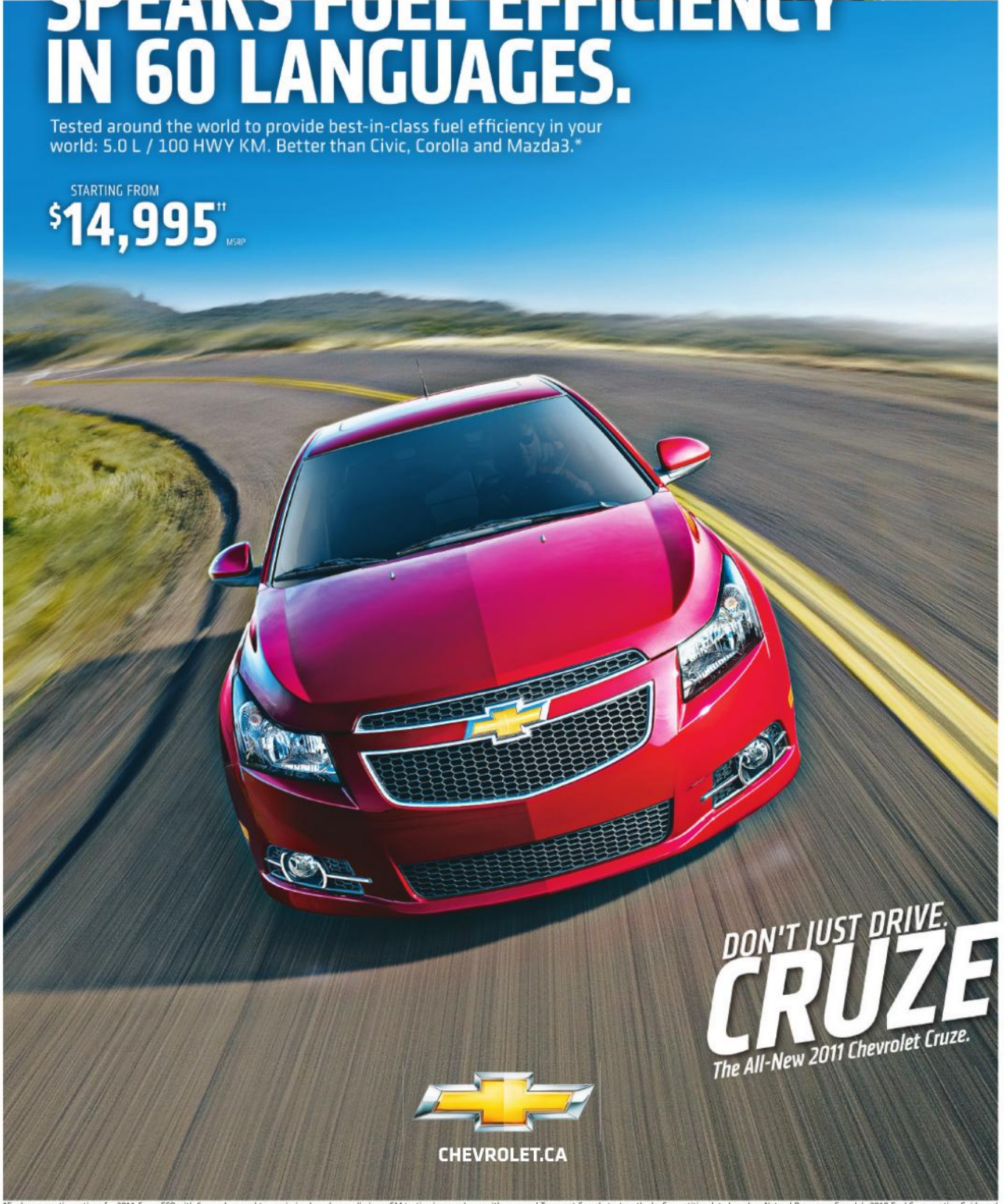

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